GRAPEVINE
VISITACION·VALLEY

NUMBER 275 SERVING OUR COMMUNITY JUNE 2009

Old Market Makes Way for New Valley Library

After years of anticipation, the abandoned building that last housed Super Fair Market was demolished on May 6.

by Russel Morine

Mr. Spock said it hest in the classic film Star Trek: The Wrath of Khan, "As a matter of cosmic history, it has always been easier to destroy than to create."

It took nearly 10 years of community meetings to create the plan tor Visitacion Valley's new library. It only took one day to destroy the building that stood in the way of progress.

The 60 year old tormer Cala Market located at 201 Leland Ave was standing in the morning of May 6, 2009 hut by the end of the day all that remained were piles of ruhble.

The market will be missed by some, hut again to quote Mr. Spoke, "logic clearly dictates that the needs of the many outweigh the needs of the few". A sad hut necessary end.

The Friends of the San Francisco Library and the Branch Library Improvement Program in conjunction with community members have scheduled a ground breaking ceremony (201 Leland Ave. at Rutland St.) on June 3rd at 11a.m. to kick off the construction phase of the project. The new library is scheduled to open by mid 2011. Live Long and Prosper.

Big Turnout at VVCC to Meet New Ingleside Captain

by Betty Parshall

About sixty residents came out on Tuesday, May 16 to meet the recently appointed captain of Ingleside police station. Captain David Lazar thanked the organizers of the meeting, Kevin Blackwell and Marlene Tran, introduced the officers who also attended, and then provided hasic information for citizens about crime in the Valley and the importance of reporting any criminal activity experienced or observed.

Statistics for the Ingleside station district indicate that serious crimes have dropped, but the captain emphasized the need for reporting. The reports indicate localities where particular crimes are occurring and enable the assignment of officers to where they are most needed. A recent decision to establish foot patrols in the district met with applause. Every officer that patrols Visitacion Valley will spend a minimum of 30 minutes a day on foot along Leland Avenue. Residents are encouraged to say hello and get acquainted.

The captain also outlined some advice to stay safe. Since many purse snatches and robheries happen at bus stops and walking home at night, people should try to walk with at least one other person. Don't show valuables such as jewelry, iPods, and avoid carrying large amounts of cash. He pointed out that thieves spot the earphones and aim for the iPod.

When reporting a crime with a cell phone use this number in San Francisco in lieu of 911: (415) 553-8090. Non-English speakers should first say "Cantonese speaker," "Spanish speaker" or whatever language is appropriate. Dispatchers are available for Cantonese, Mandarin, Spanish, and Vietnamese.

Recent actions and activities by the police in Visitacion Valley include a heavy concentration on traffic citations, setting up robbery stings on Leland, and working with Kevin and others working with young people this summer. (If you attended the recent Sidewalk Sale you may have visited the Greenway on Leland where the police and Michael Bennett had engaged young people in a barbeque/sales/music event as part of the Weed'n Seed program.)

A query from the audience raised the concern about crime on Muni. Captain Lazar said again that robbers like cell phones, iPods and cash, so don't show valuables on the hus. He stressed that one should give robhers what they want – don't risk injury or your life. All buses are equipped with video cameras, so report the crime and the police can review tapes.

Another question was "how long does it take police to respond if I call?" The captain explained the priority system for response: examples are "A" includes serious crimes such as robbery in progress and assaults. These require immediate response. "B" includes a rohbery committed perhaps 10 or 15 minutes earlier, or perhaps a fight without weapons. "C" would be reports of burglaries that occurred hours ago, noise complaints, and the like. If officers are responding to a "B" complaint and then receive a radio call for an "A" situation, they will immediately respond to that. The "B" complaint must wait.

New Ingleside Captain David Lazar.

Captain Lazar answered many questions asked by concerned Valley residents.

About a complaint about people "hanging out" at Leland Avenue laundromats, the Captain and also officers present explained that people cannot be told to leave the area if no criminal activity is present, and that the officers who do walk Leland know these people and do keep an eye on them. This illustrates the value of officers walking the street; they do recognize people and are vigilant about any suspicious activity.

The meeting closed after just one hour, an hour packed with good information and positive exchanges with our new captain. Special thanks also go to David Chan who provided translation for Chinese speakers.

Future Visions of Sunnydale

by Betty Parshall

Residents met on Saturday, May 2 to continue discussions addressing their future vision of Sunnydale.

After a welcome by Michelle Daniels, Dominica Henderson gave a brief update from the San Francisco Housing Authority. Units that are currently vacant, or will be vacant by the time work begins, will be upgraded for the temporary relocation of current residents. While exact timing cannot he determined now, relocation could last from three to six months as new units are completed.

The construction will be phased; during the relocation process the Housing Authority will ensure that residents are moved into an appropriately sized unit; accommodations for those households with special needs will be made on a case-by-case basis. The developers will be required to provide 785 public housing units, the same number as presently exist. Ms. Henderson distributed a "Frequently Asked Questions" sheet that is availahle at the Mercy/HOPE SF office at 1657 Sunnydale Ave.

People then divided into three focus groups to brainstorm their vision of the future Sunnydale. A safe and healthy environment with open space, shared plazas and play areas, retail markets and services, transportation within the neighborhood with good connection to city-wide transit, and a recreation/community center that would include a gym and rooms for a great variety of community activities and services; all of these and more ideas quickly filled the sheets of blank paper on the walls. People also expressed concern for safety during the demolition and construction phases. The lists of ideas and concerns will be addressed in more detail as the planning process continues.

The new Sunnydale will contain about 1500 units and will have a huge impact on the entire Valley; now is the time to be expressing your ideas, what is your vision for the community 12 or 15 years from now?

Frequent house meetings are being held at the Mercy office, 1657 Sunnydale and at other locations and all residents are urged to call 452-9744 for information and to get on the mailing list (e-mail or otherwise).

Special Note: Ms. Henderson also advised that in order to help stop crime the Housing Authority has an anonymous and confidential tip line where residents can leave recorded information that will assist the HA police as well as the SF Police in tracking down perpetrators. The line only records information, callers are not identified or identifiable. The number is (415) 241-1028.

Pilot Project to Help Low-Income Families Achieve Self-Sufficientcy

Mayor Newsom on May 21 announced results of The Family Independence Initiative (FII) pilot project in San Francisco. The Family Independence Initiative (FII) is designed to help low-income families achieve self-sufficiency. FII provides computers and access to small amounts of capital to low income families that create their own goals and meet them.

"The Family Independence Initiative is proving that if we re-think our efforts to alleviate poverty, we can change lives and help low-income families be more self-sufficient," said Mayor Newsom. "I am particularly impressed with how quickly we are seeing results. Families that have gone through the program are buying homes, reducing their debt, and going off of welfare and food stamps — and it's taking place organically through these micro-payment incentives. It really shows what is possible when you incentivize self-improvement with small amounts of targeted funds."

In 2007, Mayor Newsom's Office of Community Development invested $500,000 to plan, launch, and run a Family Independence Initiative (FII) pilot project in San Francisco. The project enrolled 16 low-income families from the Bay View-Hunters Point and Visitacion Valley areas of San Francisco. These families made tremendous gains in income, debt reduction, and children's grades, among others. These first families began recruiting new families, pledging to pass on to others what they had learned and accomplished. As of May 2009, FII has enrolled 425 adults, children, and teens from 93 working poor households — the majority from Bayview-Hunters Point and Visitacion Valley.

"All the things that these families have accomplished show that there's a lot of enthusiasm and talent here," said Maurice Lim Miller, President of FII. "The accomplishments of the first families have really gotten there friends excited about changing their lives."

Families participating in FII must develop their own goals and related actions, facilitate their own meetings, direct one another, and perform other tasks that most social service programs would administer with professional staff. Each enrolled family receives a computer and is required to report monthly progress online, and submit to a quarterly audit by FII staff. Once progress was verified, a check not to exceed a cap of $500 is sent to the family.

S.F. Highest in Nation Recycling Rate

San Franciscans are world class recyclers, and are closing in on the city's goal of 75 percent landfill diversion by 2010. New statistics show that the city kept 72 percent of all recyclable material from going to the landfill, up from 70 percent the year before. The most significant gain was in the area of recycling material from building sites, thanks to Mayor Newsom's 2006 Mandatory Construction and Demolition Debris Recovery Ordinance.

"By requiring builders to recycle debris from construction projects, we were able to divert tens of thousands of new tons of material away from the landfill," said Mayor Gavin Newsom. "Clearly, mandatory recycling measures pay off; if we're going to reach a recycling rate of 75 percent in 2010 and zero waste by 2020, we need to make sure that residents and businesses are taking full advantage of our composting and recycling programs."

The figures compiled hy the City's Department of the Environment (SF Environment) show that San Francisco generated 2,100,943 tons of waste material in 2007. Of this, only 617,833 tons went to landfill, the lowest disposal rate since 1977.

The increased recovery of construction and demolition debris is a positive trend. However, SF Environment data shows that over two-thirds of the landfill-bound material was recyclable, with nearly 40 percent consisting of mixed compostables (mostly food scraps and soiled paper), 15 percent recyclable paper, and 15 percent other mixed recyclables.

"If we captured everything going to landfill that could have been recycled or composted, we'd have a 90 percent recycling rate" observed SF Environment Director Jared Blumenfeld. "The Board of Supervisors will soon be considering an ordinance that will require residents and businesses to sign up and use the recycling and composting programs, which we need to make our goals."

To learn more about San Francisco's recycling programs visit: http://www.sfenvironment.org/

Grapevine Mailbox

Youth Leadership Summit

To my community and City family:

On Saturday, June 6, 2009, from 11 a.m. to 3 p.m., the Visitacion Valley Youth Leadership Summit will take place in the Visitacion Valley Elementary School Auditorium, 55 Scherwin Ave. This event is sponsored by the Visitacion Valley Community Center and the San Francisco Youth Commission, as part of their "Gatherings For Change" series of events taking place all around the City and County of San Francisco.

In planning this event, youth and young adults in Visitacion Valley felt a need to address a most critical and highly sensitive issue that continues to negatively impact the lives of Visitacion Valley residents and hinders our community's efforts to bring peace to our streets. (the "beef" between Sunnydale and Geneva Towers).

The Visitacion Valley Community Center (VVCC) and the San Francisco Youth Commission humbly request your attendance, participation, and support for this event in order to "open the dialog" and use this time as a "buffer" to "bridge the gap" in bringing our neighbors together.

The event will be highlighted with a panel discussion "in a two part series" on "violence in the community" that reflects the "beef" between neighbors ... How it started, the devastation it has created, and the need for it to end ... "Solutions!!!" "It's time to talk about it..." Is our theme and is the "only way we will bring change to the Visitacion Valley!!!"

In placing a focus on "all of Visitacion Valley" we cannot forget about "our little ones ... our babies." Therefore, we will have outside activities (a jumper, a clown, face painting, popcorn, cotton candy, snow cones, and games) for the children and their parents to enjoy in the yard of Visitacion Valley Elementary School.

You can RSVP, sign-up, volunteer, or find out more about what we are doing by contacting the event organizers: Youth Commissioner Deonna Frierson, (415) 240-3469 or email: deonnafrierson@gmail.com or Visitacion Valley Community Liaison/Advocate Kevin Blackwell, (415) 368-1949 or kevin_vvcc @sbcglobal.net.

A continential breakfast and lunch will be served. We hope to see you there.

Deonna Frierson
Kevin Blackwell

Youth Cultural Exchange

We are a youth driven club that consists of middle school and high school aged students that share interest in traveling abroad to visit global countries. We are also open to young adults and college students that can travel with us as Youth Mentors.

We are aware that not everyone has the money to travel abroad, so we created a fundraising committee to help individuals that do not have the money but have the motivation and drive to make International Social Changes in the Community.

We appreciate all types of donations and we will work hard to raise our funds in order to learn about our roots and in hope to bridge common grounds with culture, heritage and language.

Youth Cultural Exchange with EF Educational Tours Summer 2010 Southeast Asia ~ Thailand, Cambodia, Vietnam features:

*Countless Volunteer Opportunities: community festivals, nonprofit events, film festivals, community involvement and plenty more!

*Earn Middle School Credit: Comparing Cultures and Societies (HIS 199C) or World of Arts (ART 199C).

*Earn High School and College Credit: Exploring Cultural Diversity (SOST 199E), Mass Media and Cultures (JRNM 199M), Photography for Communication Experiences (JRNM 199P), World or Arts (ART 199A)

*Fun Activities: movie nights, ice skating, bowling, fundraiser events, community festivals, meet and greet socials, student showcase and more.

*Gain, Practice and Share Leadership skills.

*Establish local and international friendships.

*Find, research for free grants and scholarships to fund your trip or college tuition.

Join us for this global experience!

For questions or to get involved please email us at YouthCultural Exchange@yahoo.com

Eileen Sinn, Youth Cultural Exchange Youth Club President
Sandra Siharath, Youth Cultural Exchange Youth Club Advisor

Thanks to Police Captain For Community Meeting

Following is a letter sent to Captam David Lazar of the Ingleside Police District following a meetmg on May 16.

Hi Captain Lazar:

Thank you and your officers for taking time to meet with our residents last night. It was a very nice introduction of Ingleside Station to our group of about 70 attendees. Please have similar meetings that revolve in different neighborhood facillities in the future.

I understand your are working very hard in your new assignment to tackle many tasks. And, you're seeking input from us.

*I suggest that Ingleside provide a trilingual, monthly newsletter to our community newspaper, The Grapevine, to inform our residents.

*With Nick Wolff's permission, it would be helpful to leave copies of trilingu ,' community input/tips/ suggestions at his storefront for residents. I hope the draft copy I sent you can be considered.

Our evening students at 50-66 Raymond appreciate the patrol around the VVCC facilities from 6 to 8:30 p.m. Monday through Thursday. Although our spring session ends this week, our summer classes will be from June 1st to June 30th.

Special thanks to Kevin Blackwell and David Chan for facilitating this welcoming session!

Marlene Tran, Spokesperson - Visitacion Valley Asians Alliance (VVAA)

Captain Lazar responded: Thanks Marlene for setting up the meeting. I like your suggestions and I will follow up on them. I will also direct officers to cover Leland during the times you suggested.

Ratty Cans

This incident happened recently in north Texas.

A woman went boating one Sunday taking with her some cans of soda which she put into the refrigerator of the boat.

On Monday she was taken to the hospital and placed in the Intensive Care Unit. She died on Wednesday.

The autopsy concluded she died of Leptospirosis. This was traced to the can of coke she drank from, not using a glass. Tests showed that the can was infected by dried rat urine and hence the disease Leptospirosis.

Rat urine contains toxic and deathly suhstances. It is highly recommended to thoroughly wash the upper part of all soda cans before drinking out of them. The cans are typically stocked in warehouses and transported straight to the shops without being cleaned.

A study at NYCU showed that the tops of all soda cans are more contaminated than public toilets full of germs and bacteria. So wash them with water before putting them to the mouth to avoid any kind of fatal accident.

GRAPEVINE
VISITACION VALLEY

Editor: Len Appiano

Published monthly by Visitacion Valley Community Center, 50 Raymond Avenue, San Francisco, CA 94134. (415) 467-9300. Fax 467-3757. vsvalley@earthlink.net, www.vsvalleygrapevine.com
Opinions expressed in the Visitacion Valley Grapevine are not necessarily those of Visitacion Valley Community Center

VVCC Executive Director Julia A. Kavanagh

Vistacion Valley Grapevine, named by Pat Crocker, is a Registered California Trademark of Visitacion Valley Community Center © 2009 VVCC. All rights reserved

What's News at the Center

by Molly Hassler, Family and Community Services Center

Jumpstart Celebration on May 13.

Hands On Literacy With Jumpstart

To celebrate the completion of the Hands On Literacy series, the Jumpstart and Family & Community Services Center staff on May 13 helped the children create their own ABC book starring... themselves! Each child was photographed with each letter of the alphabet and when the photos were printed, the children put them in a book to take home and share with their families. Mary Zhu from Jumpstart said, "I really appreciate the parents for taking the time out of their busy days to come to our Workshops and was very happy to see that they all learned something new from our workshop series." Thank you Mary!

Parent Education Workshop Disaster Preparedness

On Wednesday, May 6, about 15 parents attended a workshop on recommended procedures during an emergency, such as an earthquake or fire. The workshop was held at 103 Tucker Ave. and was conducted by Jean Lacey, a Public Health Nurse from San Francisco Department of Public Health. Ms. Lacey provided each parent with a detailed guide to the steps to be taken at home in the event of an emergency as well as what procedures would be followed by the staff of their children's daycare center.

Ms Lacey presented a Power Point presentation that made the workshop come to life. The parents found the presentation to be very helpful and many expressed interest in joining SF NERT, the Neighborhood Emergency Response Training program sponsored by the San Francisco Fire Department.

While the parents learned about ways to protect their families in the event of a disaster, the children had pizza and made Mother's Day cards with the help of Kim, Jin Hua, Dixie and Christine.

Soda Free Summer

SHAPE UP San Francisco, Dep't of Children Youth & Families, SF Recreation & Parks, & SF Dep't of Public Health are asking all SF families to participate in Soda Free Summer. Here are some good reasons why you & your family should consider joining in Soda Free Summer.

The average person eats almost 175 pounds of sugar a year—that's about 1/2 pound of sugar a day! The single biggest source is sugary drinks. It's no wonder that two out of three Americans are overweight or obese—extra calories from all this sugar leads to weight gain, putting people at risk for lifelong health problems such as diabetes and heart disease.

Challenge yourself to make a difference in your health.

Instead of soda, commit to drinking:

*Water (every day — all you want)
*Non-fat or low-fat milk
*100% fruit juice (limit juice to 1/2 cup daily)
*Unsweetened iced tea
*Diet soda (once in a while)

Did You Know?:

*Soda is the #1 source of sugar in the American diet.
*Over 30 percent of all calories from added sugars consumed daily are from sweetened beverages.
*Americans spend $56 billion annually on purchasing sugary soft drinks.
*U.S. teens consume twice as much soda as milk.
*Drinking just one 20-oz bottle of soda each day for a year can result in gaining 25 extra pounds.

Mother's Day Photo Shoot

Sixteen mothers and their families were treated to a professional portrait on May 3 taken by new Visitacion Valley resident, Toni Zernik and her colleagues Chugrad McAndrews, Frank Gaglione, Leigh Noe, Tonia Weakland and fellow Vis Valley residents, Otis Bess and Myles Zernik Traxler.

The Ballroom upstairs at 50 Raymond Ave. was transformed into a photography studio with equipment and backdrops donated for the weekend by Brian Holliday of Calumet. Jeff Warren of GA Communications provided retouching and printing services.

Toni Zernik, a resident of Vis Valley for less than a year, is already an enthusiastic and dedicated neighborhood activist and volunteer. She is a professional photographer, having worked for many years with clients including Sunset Magazine and Safeway Stores. Her unlimited energy and creativity provided the necessary momentum for the project. Russel Morine of Joe Leland Café was on hand to do some heavy lifting while keeping spirits light. We were also fortunate to be able to partner with KaYan Cheung of Chinese for Affirmative Action and Renee Strong of Herz Playground. Thank you to all of our volunteers!

The portraits were beautiful and were presented to the mothers at a Potluck Luncheon at 161 Leland Ave. on Friday May 8th; just in time for Mother's Day!

A Mother's Day Potluck was held at the Community Center on May 8.

Leland Ave. Sidewalk Sale

To celebrate Small Business Week, Leland Avenue merchants on May 16th, as well as merchants on many other San Francisco commercial corridors, set up tables on the sidewalk. Visitacion Valley Family & Community Services Center was out there letting people know about the services and activities available at 161 Leland Avenue. Jenny Sosa, Molly Hassler and Kevin Blackwell spent an unseasonably warm Saturday afternoon getting to know more of the neighbors, merchants and community service providers of Visitacion Valley.

Jenny Sosa and Kevin Blackell at Leland Avenue Sidewalk Sale on May 16.

Financial Literacy Workshop

Are you interested in improving your Financial Literacy? Do you want some tips on ways to get by in these tough economic times? Come to our Financial Literacy Workshop at 500 Raymond Avenue on Wednesday June 24th from 6 to 7:30 p.m. This workshop is presented in collaboration with the Visitacion Valley Beacon. Dinner and childcare will be provided.

Goodbye Meriam!

On Thursday, May 14th, staff and families at Family & Community Services Center said goodbye to Meriam Abalos who has been the Director of FCSC for the past 6 years.

Free Museum Days in San Francisco

There are many great museums in San Francisco that offer free admission days. They include:

Free First Sunday
*Asian Art Museum (regularly $7 - $12; children under 12 free)

Free First Tuesday
*Cartoon Art Museum ($2 - $6)
*De Young Museum ($6 - $10. 12 and under: free)
*SF MOMA ($7 - $12.5; kids 12 and under: free)
*Conservatory of Flowers ($1.5 - $5)
*Legion of Honor ($6-$10; kids 12 and under free)
*Yerba Buena Center for the Arts ($3 to $7)

Free First Wednesday
*Exploratorium ($9-$14.)
*San Francisco Zoo — free for S.F. residents

Free Third Wednesdays
*California Academy of Sciences ($14.95 - $24.95, 6 and under free)

Always Free
*Randall Museum (199 Museum Way, San Francisco, 415-554-9600)
*Cable Car Museum (t201 Mason St., San Francisco, 415-474-1887)

...from the desk of the VVBOOM newsroom

by Nick Wolff

Commerce Hits Downtown Vis Valley Sidewalks: Nat even the scarching hat sun cauld keep bargain hunters off downtown Vis Valley sidewalks, as the Leland Avenue Sidewalk Sale sent shoppers home happy for a 4th straight year. As temperatures approached 90 degrees on the Leland Avenue pavement; merchants, vendars and community based organizatians lined the sidewalks from Bayshore Blvd. ta Peabody St. an May 16th to kick aff San Francisco's Small Business Week. All told, some 400 people (including many neighbarhood families) taok ta downtown Vis Valley for an afternoon af gaod deals and camaraderie.

What did they find? With a bit af luck, a hidden gem from one af our Leland Avenue small businesses they didn't knaw existed previausly. That could have taken any number af farms: men's and women's eca-friendly bath and bady gift bags from Body, Soul & Spirit Salon (222 Leland Ave.), women's handbags and children's toys from G&K Grocery (21 Leland Ave.), or a variety of discounted gaadies from Golden 99cent Zone (5& 25 Leland Ave.). For those loaking to somple food from a Leland Avenue restaurant, the Sidewalk Sale provided a perfect venue. Nayarit Taqueria (98 Leland Ave.) had taquitas for only $1, and their own pineapple beverage which drew rave reviews. Not to be outdone was Happy Family Fast Foad (107 Leland Ave.) which treated attendees to fried chicken and their flavorsame dim sum. Our two produce markets alsa added to the culinary flare with Casa Lopez *(58 Lelond Ave.) offering corn os* well as manga on a stick, while La Loma (65 Leland Ave.) had their own tasty drinks to refresh shappers who pursued their assorted eye-catching flaral display. If it was discounted skincare services you were after, Nails by Jenny (50 Leland Ave.) was affering $5 off their popular lip and eyebraw waxing treatment. Just next door, Bay Wash Laundromat (44 Leland Ave.) had laundry detergent and bleach for sale, while up the block

Sherry Salon (60 Leland Ave.) was offering discounted haircuts. For those who outsource their laundry, Visitacion Valley Laundry (108 Leland Ave.) was affering 10% off all dry cleaning during the event. Some sidewalk sale goers were lucky enough to discover a number of free giveaways including taothpaste pravided by the Visitacion Valley Dental Office (37 Leland Ave.) and Children's books provided by the San Francisco Children's Project (courtesy of local *Job Developer* Mindy Kener). Other popular sidewalk stops were Nartheast Medical Services (NEMS) (82 Leland Ave.) free blood pressure screenings, the Visitacion Chinese Baptist Church (57 Leland Ave.) who had incredible deals on 'gently used clothing' and the Vis Valley History Project wha raised maney fram the sale of used books in front of Jae Leland Caffee Shop (28 Leland Ave.). Even our friends at the Leland House (144 Leland Ave.) had gently used clathing and shoes for sale in front of their facility at the corner of Leland Ave. and Peabody St.

Alsa popular were local entrepreneurs who were provided sidewalk vendor space as part of VVBOOM's 'Microenterprise Program'. Shoppers who entered the sidewalk sale via Bayshare Blvd. had an appartunity to taste the much talked about Nosh's Dirty Popcorn. Further up Leland, Harrell Pawell – Aquarius Enterprises, treated bargain hunters to his collection of Afracentric greeting cards, lotions and gifts. Across the street in front of the pharmacy, BeAuna Clark – Miss Lady Designz embraced the apportunity to market her dazzling hondcrafted jewelry. If yau're interested in learning mare about these entrepreneurs and their products, they're available Tuesday, Wednesday and Thursday's at VVBOOM headquarters - 91 Leland Avenue.

If the Sidewalk Sale didn't lure you to downtown Vis Valley on Saturday May 16th, maybe Summer Jam did. VVBOOM was proud ta collaborate with our community partners at Visitacion Valley Weed & Seed who held Summer Jam 6 at the Hans Schiller Plaza in the entrance of the picturesque Visitacion Valley Greenway near Peabody St. Over 150 community members stopped in and over $160 was raised for youth activities and summer programming through a youth-lead rummage sale. Music, food (served by Ingleside's finest), various activities and resource tables were interactive and multicultural reflecting the true diversity of the neighbarhood.

It was a great weekend afternoon spent in downtown Vis Valley. But it was merely a glimpse of things to come (see below).

Get involved, we need your ideast Planning is underway for the 4th Annual Leland Avenue Street Fair which will take place Sunday September 27th from 10 a.m. to 4 p.m. The Planning Committee convenes the first Wednesday evening of each month from 6:30 – 7:30 p.m. at VVBOOM – 91 Leland Avenue. Help us make this year's biggest and best community celebration even better! For more information contact Nick 415/585.233B or email nwolff@vvbaom.org.

Garden for the Environment Compost Classes

Free Saturday Urban Composting classes will be offered from 10 a.m. to 12 noon on both June 6 and July 11 at Garden for the Environment, San Francisco's organic demonstration garden at 7th Avenue and Lawton Street.

Since it's founding in 1990, the garden has operated as a demonstration site for small-scale urban ecological food production, organic gardening, and compost education.

To pre-register, call (415) 731-5627, or info@gardenfortheenvironment.org. The Garden for the Environment is wheelchair accessible.

El Dorado Elementary School Happenings

by Lori Fetzer

Art Fair and Assembly

Under the direction of Margo Scott Miesel from SFArtsEd's Young Audiences and Marisa Martinez, Kindergarten Teacher and El Dorado's VAPA Coordinator, the cafeteria at El Dorado was turned into an amazing Art Museum! Every student at every grade was represented. Students had time to tour the art fair and then were treated to a wonderful performance by folks from the Hawiaan Cultural Center. It was a phenomenal celebration of our talented visual artists and a tribute to one of the many cultures present in our schaal and neighborhood community.

El Dorado students tour the "Art Museum" held in the school cafeteria.

Great Weekend to Get Your Sport on at the Park

Herz Park and Playground was alive with children, color, and action on Saturday, May 9 as El Dorado celebrated its final Saturday event of the year, "Get Your Sport on at the Park!" A week long rally to inspire students to get out to the park culminated in a sports dress-up day on the Friday before the event.

On Saturday, just as R.O.C.K. saccer was wrapping up its morning, El Dorado teachers and staff descended on the park with a parachute, hula hoops, eggs and spoons, kites, scarves, and balls of shapes and sizes. For two hours families involved themselves in games, playing on the playgraund equipment or just hanging out talking and watching. Students from all grade levels, as well as younger and older (El Dorado Alums) siblings were able to enjoy samething. Some enthusiastic students and staff said, "Let's do this every manth!"

Sports at Herz Park with Clean Your Room, Parachute and football.

But sometimes it can be just as fun to sit and watch everyone else.

Musicians andssembly dancers entertain El Dorado's first-graders.

McLaren Park News and Notes

by Betty Parshall

A New Family at McNabb Lake

The happy news in May for bird enthusiasts was the hatching out of six coot babies (Cootlets? Cootlings?) at McNahb Lake. Coots visit the lake during the winter months every year, hut this is the first time in five years that a pair decided to stay through the breeding season. In fact the last time turned into a tragedy when one of the pair died from an unknown cause, the nest hroke up and the remaining bird sadly left the area.

While coots are not particularly attractive, this pair is excellent as parents. When the little ones emerged and ventured into the water at a few days of age, the parents kept them close to overhanging foliage, out of sight of marauding seagulls, and vigilantly chased away any curious mallard that ventured too near. Both parents dive and hring up food to feed the bahies, who are of course very cute, brownish black with bright red, fuzzy looking heads. (By the way, as this column is being composed in mid-May, no ducklings were sighted, although there had been more than a dozen a couple of weeks ago; damn those seagulls!)

Big Turnout for McLaren Meeting

District 11 Supervisor John Avalos hosted a meeting at the Crocker Amazon Clubhouse on May 2 and it was standing room only as residents from all districts around the park attended to express their concerns about the park. Representatives from the city and volunteer organizations reported on their current projects and what they see as pressing needs for the park and then took questions from the audience.

Erosion control, the dysfunctional irrigation system, tree trimming and thinning, rusty barbeque pits, lack of play structures, lack of restroom facilities, trash and the lack of adequate trash containers, hazardous paths eroded and uprooted by trees, deteriorating tennis and basketball courts, exorbitant fees for the Jerry Garcia Amphitheater, pedestrian safety, dangerous bus stop on Mansell – these were all expressed as needing attention.

Three gentlemen representing the bocce ball court pleaded for a few small improvements and we hope they get a positive response soon. It is ironic that among their membership there are competent carpenters who could make repairs, but city rules won't allow that and city budgets can't provide the work for them.

A large red flag was raised when a Rec & Park representative mentioned that just recently the proposal for a disc golf course in McLaren had been given to her as an assigned project. Several years ago the Rec & Park Commission approved disc golf courses in Golden Gate Park and McLaren. Protests from McLaren Park friends stopped the installation of a course here. The course at Golden Gate Park ripped up foliage and tore bark from trees, and had to be closed for a period to "repair" the damage. However people familiar with the course say the damage is permanent and still ongoing. The Friends of McLaren Park and others will monitor this proposal. Apparently the Department has been under pressure to revive the approval given years ago and never formally rescinded, but this particular sport is hardly compatible with the natural environment of McLaren so beloved by park users.

Mosaic Art Enhances McNabb Scene

A beautiful mosaic project named "Bringing Color and Life to McLaren Park" is nearing completion at the little children's playground next to McNabb Lake. "First 5 San Francisco" is dedicated to a wide variety of endeavors to assist puhlic agencies, non-profit organizations, and parents' groups in nurturing early education, health care and family support. (Funding comes from State Proposition 10 passed in 1998 which levies a 50 cents per pack tax on cigarettes.)

Grants are made to eligible groups for projects that enhance family experience, and an art project can do this as well as enhance the community. This particular mosaic decorates a large round concrete planter and depicts in lovely colors the flora and fauna of the surrounding park. Birds, fish, animals and plants are depicted, and, perhaps my favorite, a brilliant monarch butterfly. Or maybe I like the great blue heron best. Visit and enjoy. The project should be completed by the end of May and we can all say thanks to First 5 for providing this bright and attractive improvement.

Remember, you can send observations ahout McLaren or any park to www.parkscan.org

Click on "send observation" and follow the instructions. It's easy and it does make a difference!

Birgit Cory, (l-r) Monica Sullivan and Cindy Wong working together on the mosaic "Bringing Color and Life to McLaren Park."

Single-Family Home Construction Up Again in April

SACRAMENTO – Single-family home construction in California showed a significant increase in April when compared to March and was the largest monthly total since Octoher of 2008, which the California Building Industry Association said provided more evidence that the homebuyer tax credit enacted in the heginning of March is helping to clear out inventory and generate new-home construction.

According to statistics compiled by the Construction Industry Research Board, 2,265 single-family permits were pulled throughout California during the month of April, down 33 percent when compared to the same month a year ago but up 21 percent when compared to March. It was the largest monthly total since October of 2008 when 2,352 permits were pulled.

Robert Rivinius, CBIA's President and CEO, said the month-to-month increase in single-family production indicates that huilders are clearing out inventory due to the tax credit and are starting to build again, but that the tax credit funds need to be replenished in order to continue the positive momentum.

"The tax credit enacted in March is having the desired effect of stimulating home sales and clearing out inventory, which is helping to generate new construction and put people back to work in the process," Rivinius said. "Our elected officials gave our industry a much-needed shot in the arm for which we are very grateful.

"However, almost two-thirds of the allocated funds for the credit have been applied for since the program was enacted just 12 weeks ago, which is why we are pushing for a second round of the tax credit hy adding another $200 million to the fund in hopes of keeping the positive momentum going while generating construction and much-needed tax revenues for the state and local government."

Rivinius cited the most recent report from the Franchise Tax Board which says applications for the tax credit total $65.7 million as of May 20.

In April, a total of 3,127 permits were pulled throughout the state, down 52 percent when compared to April 2008, but down just 12 percent when compared to March. Multifamily permits totaled 862, down 72 percent from the same month a year ago, and down 48 percent from March.

Ben Bartolotto, Research Director for the Construction Industry Research Board, attributed the overall month-to-month decline to the volatile multifamily sector which saw an unexpected large increase in March.

CIRB is forecasting permits will be pulled for just 40,000 total units in 2009, which would be by far the lowest total on record, down 38 percent from the record-low 64,962 units produced in 2008. The forecast calls for 16,600 multifamily units, the lowest since 1993 when 14,755 permits were issued, and 23,400 single-family units, which would be the lowest on record.

"It's clear that the tax credit is performing as expected, and if it is extended we believe housing starts will continue to strengthen in the months ahead. And that would be great news for state and local government revenues and for the economy as a whole," Rivinius said. "Without the extension of the credit, we might not even be able to build what CIRB is forecasting."

Protecting Your Wood Furniture

Moisture and the sun's ultraviolet rays can take their toll on the wood furniture used on decks and porches and in sunrooms, so it's important to protect and maintain the finish.

Indoor and outdoor furniture made from "dense woods" like teak, mahogany and rosewood will benefit from the penetrating qualities of teak oil, such as new Minwax® Teak Oil.

Designed to penetrate into the wood's pores, teak oil protects furniture from the damaging effects of moisture and sunlight while imparting a beautiful richness to the wood.

For a warm, hand-rubbed finish and protection, follow these tips:

*Apply teak oil to new furniture or to existing furniture that appears dry or worn;

*Apply with a clean cloth or brush, wiping off excess in the direction of the grain;

*Reapply whenever the wood appears to be dry or worn out to restore the effectiveness of the finish.

Wood furniture helps make the outdoors as comfortable as the living room, but it requires maintenance and protection. *NAPS*

El Dorado Buddy Reading Program

Every other Thursday, the Black Student Alliance from Visitation Valley Middle School (VVMS) comes up to El Dorado Elementary to read with their first grade buddies for an hour.

The first graders are always so excited to show off how well they can read and are so happy to get such special attention from the cool big kids.

The middle schoolers who come really take the time to help teach the kids reading strategies, which is so valuable.

"El Dorado is a very nice school," said Tristan Saaga from VVMS. "My huddy is such a sweet girl, and the other first graders are so cute. I really love coming here because I truly love the kids. I also love my buddy!"

Grapevine on the Web
Read curr ent and past stories from the Visitacion Valley Grapevine at www visvalleygrapevine com

Visitacion Valley History Project

Pioneer Days a Week of Social Good Times

by Betty Parshall

As reported in the May Grapevine, St. James Presbyterian Church celebrated the 103rd anniversary of the founding of the congregation. One result of this was that I was given permission to sort through a couple of cartons of miscellaneous church papers and pictures. Naturally I started with the carton labeled "1906-1989" and came across a few old neighborhood newspapers. Here's a sample:

The Visitacion Guide dated Thursday, May 7, 1953 was devoted to reporting on the activities of Pioneer Days, a Valley celebration that lasted for a week in April. The Valley Improvement Association opened the week's activities by honoring several people who had lived here since 1906. Charles Louis, the "patriarch of the Valley" brought pictures showing the district in the earlier days. "It was jovial and interesting and the president's (Fred Dettmering) graciousness added much to the occasion."

A raffle for three bags of groceries was won by pioneers much to the delight of the crowd, and the affair concluded with refreshments being served to all guests.

(Note: Charles Louis lived in the Valley and after the 1906 earthquake had charge of the distribution of bedding and household supplies to earthquake refugees. He later opened a dry goods store on Leland Avenue and also sold real estate.)

"On Wednesday the Reis & Paul Improvement Cluh served an enchilada and spaghetti dinner to a large crowd and once again Joe Cimino, chef and vice president, and his crew took honors for the good food." Honored pioneer guests at this affair were Miss Mary Nolan, one of the two first schoolteachers here (the other was Miss Florence Friedman, also present) and Mr. Carl Noehl, (whose daughter Carlena was my first grade teacher), and Mrs. Lena Guttner. Dancing concluded the evening's entertainment.

(Note: Mr. Cimino owned the Teddy Street grocery store, which is still in operation today. He cooked many wonderful crab cioppino dinners for the Club.)

On Thursday there were two celebratory events: The ham dinner at St. James Presbyterian Church. "was a real home-cooked meal, the kind that has made Mrs. Mearl Bidwell and her committee so popular with guests. Rev. Lloyd Strehl gave a resume of the founding of the church and introduced Mrs. Emma Wikse, a charter member who is still active in church affairs.

(Note: One of Mrs. Wikse's sons, Clarence, shared many memories of growing up in the Valley as one of our 2004 oral historians..)

The Church of the Visitacion had an Open House event at 8 p.m. and "entertained pioneers and guests with a variety program which opened with four smartly clad little girls in a clever tap routine. A baritone soloist, Joseph Zachary, won much applause for his beautiful rendition of "Deep river' and the "Lord's Prayer."" Father Krause enumerated the various stages of the growth of the Valley and paid high tribute to the pioneers of the district. He introduced Mrs. Amelia Assalino and noted that the pioneer Assalino family dated residence in the Valley back to 1876. A delightful social hour was enjoyed by every one while refreshments were served and pictures taken of the 'old timers.'

An afternoon tea was held at the Community Center where Mr. Charles Louis spoke of his own early days; he came to the Valley to visit his uncle, and moved here in 1904. He reminisced about the early firemen and how during the rainy season people had to wade through muddy unpaved roads in high top boots; there were no streetlights and few houses.

Mrs. Emma Edelman recalled how Visitacion Valley did not really begin to grow until 1906 when the people came teeming over the hills as the result ot the devastating earthquake and fire.

The Barn Social and dance given by the Visitacion Rod & gun Club climaxed Pioneer Week. Over 300 people attended and many came in costume. The outstanding performer of the evening was the baritone soloist, Chief Caupolican, who thrilled the audience with renditions of old favorites, among them "Because" and "Wagon Wheels." Dancing was stopped intermittedly with drawings of the door prizes and merchants; gifts.

Valley PTA - An Ominous Presentation?

"Inspector Thomas B. Tracy of the SF Traffic Bureau was guest speaker at the monthly meeting of the Visitacion Valley Parent-Teacher Association on Tuesday May 5. His subject was "Family Safety Comes First." Following Inspector Tracy's address, a motion picture on safety was shown, entitled "And Then There Were Four." The meeting was climaxed with refreshments for all."

Child Care Center in Your Neighborhood

Serving the Needs of Children 2 to 5 Years

Breakfast, Lunch and Snacks Served Daily

Potty Training

Quality Teachers with Years of Experience

Applications Are Now Being Accepted!

Come and Hear About the Exciting
Learning Opportunities for Your Child!

1st Place to Start
1252 Sunnydale Ave.
San Francisco
(415) 333-2659

For More Information, Please Contact
Sandra Davis, Executive Director at (415) 333-2659

結合傳統的銷售和现代的科技

請与屠佩丽联络. 你將会獲得

· 免费解答有関房地产问題

· 如何選購銀行屋. 短售屋. 遺产屋

· 有租客的物業是否還應選購 ?

· 为何要在2009年買屋 ?

本人將会一一为你解答.

MERGE TRADITIONAL MARKETING SKILLS WITH UP-TO-DATE COMPUTERIZED SYSTEMS

Partner with Justyna "Tina" for all your real estate needs and you will get:

*Traditional, warm personal care with either Tina or Anna answering your phone calls directly - not voice mail; not another representative.
*Answer all your email inquiries within the same day.
*Get you the answers within the promised approximate time.
*Provide you with FREE 15-minute consultants by referring to appropriate professionals that you need, such as contractors, accountants, real estate attorneys, etc.
*Enroll you in their free market update system on the particular housing market of your interest.
*And more (too long to list)

Justyna is a local resident who lives in Visitacion Valley. She would guard your house value as much as treating it as her own. Justyna speaks fluent Chinese (Cantonese, Mandarin and Shanghaiese).

COLDWELL BANKER

1427 Chapin Avenue
Burlingame, CA 94010
Fax: 650-558-4200

100% Listing Sold Rate

Justyna To "Tina"
Realtor
Cell: 415-830-1235
justynato@sbcglobal.net
www.justynato.com

Joe Leland around the neighborhood

***64 New Homes in VV:** Remember the Travelodge Motel atop Bayshore Blvd.? It was demolished in 2006 to make way for BaySide Vista, a new 64 unit housing development. The 2 and 3 bedroom town homes will be on the market soon with prices starting in the "mid $400,000" range. See their website www.baysidevistasf.com or call (415) 859-5985 for more info. There will be six Below Market Rate (BMR) "affordable" units offered to qualified buyer with pricing between $280,000 to $310,000 depending on family and unit size. Qualified applicants will be selected by lottery. Applications are due on June 6th, 2009. The lottery will be held on June 10th, 2009. For more information regarding the BMR units, contact the Mayor's Office of Housing at (415) 701-5500.

***New Warning Siren on Bayshore:** If you haven't noticed the new siren on the west side of Bayshore Blvd. across from the Bayside Café, you're sure to hear it every Tuesday at Noon when San Francisco tests the Outdoor Warning System. During the test, the sirens citywide will emit a 15 second alert tone. In an actual emergency, the siren tone will cycle repeatedly for 5 minutes. Should you hear the sirens at any time other than Tuesday at noon, go indoors and immediately tune to a news source such as KCBS 740 AM, or other local media stations. In a major disaster it might be three days before vital services are restored. When you hear the Tuesday Noon Siren, it's your weekly reminder to make an emergency plan, build an emergency supply kit and be prepared to be self sufficient for 72 hours. Go to www.72hours.org to learn more.

***Sea Gulls 1, The Dump 0:** One of Vis Valley's greatest advocates noticed the increased flocking of seagulls over The Dump lately. It turns out that the garbage company has stepped up their efforts to teach the well fed sea gulls that migratory is preferable to stationary. A 'Shock and Awe' campaign of noise emitting flares and raptors is underway but the birds seem to be only temporally inconvenienced… Possibly unrelated, NorCal Waste Systems, the parent company for Sunset Scavenger, Golden Gate Disposal, and The Dump will be changing their corporate name to "Recology." This has something to do with a waning affection for "garbage."

***Vis Valley Group on Flickr:** www.flickr.com/groups/1104392@N21/ Check it out and add your photos. If you're asking yourself "What's Flickr?" then don't bother.

***Don't Forget Dad:** June 21st is Father's Day. From Wikipedia.com "Father's Day is a celebration inaugurated in the early twentieth century to complement Mother's Day in celebrating fatherhood and male parenting, and to honor and commemorate fathers and forefathers. Although normal English punctuation guidelines indicate that the holiday should be spelled "Fathers' Day" (as it is a plural possessive), common usage dictates that the ostensibly singular possessive "Father's Day" is the preferred spelling. The first observance of Father's Day is believed to have been held on July 5, 1908 in a church located in Fairmont, West Virginia by Dr. Robert Webb of West Virginia at the Central United Methodist Church of Fairmont."

***Zen Saying of the Month:** "The trail is the thing, not the end of the trail. Travel too fast and you miss all you are traveling for." (Louis L'Amour)

Don't Skip Vacation; Just Watch the Costs

by Jason Alderman

One of the first things many people trim from their budget during economic downturns is vacation. That's unfortunate because stressful times are when we most need to recharge our batteries. Taking on additional debt to finance a vacation is itself stressful, however.

With summer vacation just around the corner, here are a few tips for taking a well-deserved break that won't break the bank:

Staycations. Last summer's astronomical gas and airfare price hikes popularized "staycations," where people vacation close to home and explore their own backyard – sometimes literally. A few ideas:

*If gardening relaxes you, dedicate time to sprucing up your yard. If you hate it, splurge on a gardener.

*Use money you save by not traveling to hire a housecleaner after your staycation so you won't have to think about cleaning.

*Become a local tourist. Research what online travel sites and the Chamber of Commerce recommend for visitor activities. Many businesses provide local-resident discounts to encourage return visits.

*For a minor splurge, visit a local resort and take advantage of its amenities. Most offer off-days where rates are lower.

*Enjoy crowd-free shopping and errands while everyone else is at work.

Uncover hidden vacation costs. If you do travel, make sure to budget beyond normal airfare, hotel, rental car and meal expenses. Consider such items as surcharges for extra or overweight luggage, sales and hotel taxes, babysitters, tips, taxis, rail and transit passes, event admission costs and ticket-ordering charges, new luggage, sporting equipment rental, and special clothing or accessory requirements.

Don't have a vacation budget? Visa Inc's free personal financial management site, Practical Money Skills for Life (www.practicalmoneyskills.com/travel), features a summer travel budgeting center filled with tools to help you create a vacation budget, including a web-based calculator that suggests various travel options and then automatically tallies the results.

Double-check prices. You can find great deals on airfares, hotels and rental cars by comparison shopping online. But beware: Before clicking "confirm" to finalize your purchase, make sure the final price matches the initial quote. I've seen fares jump $50 or more in just minutes or had the seat I thought I was booking suddenly become unavailable.

Try haggling. With so many people cutting back on travel, many hotels, airlines, restaurants and other tourist-oriented businesses are hurting. Don't be afraid request incentives like an extra night's lodging, free parking or shuttle service, meal vouchers or spa treatment discounts. At worst they'll just say no or perhaps offer some other perk. And always ask for member discounts if you belong to organizations like AAA or AARP – 10 or 15 percent here and there can add up.

Be flexible. Unless you're tied to your kids' school calendar, try to avoid peak travel times and routes. Flying mid-week or from more remote airports can save a bundle. And with so many flights overbooked, airlines frequently offer cash rewards or free tickets to those willing to be bumped to a later flight. Just make sure you won't lose any deposits at your destination.

Don't forego vacation – you've earned it. Just be cautious about how expenses can add up.

Jason Alderman directs Visa's financial education programs

Saturdays are Special At Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). Workshops are $3 per child; $5 for a parent and child combo. All kids under 8 must be with a paying adult. Call 554-9600 for further information.

*June 6: Discover a "groovy" tie-dye technique using surprising materials applied onto a Satin Gift Bag with ribbon

*June 13: Be green! Use our fabulous fabric paints as you design and decorate your own Canvas Tote Bag

*June 20: Draw into aluminum tooling foil with an embossing stick to create a unique textured silver frame

*June 27: Let the artwork of sculptor Louise Nevelson inspire you as you construct your own three-dimensional shadowbox.

Other regular Saturday activities:

*Morning Family Ceramics from 10 to 11:30 a.m. ($5 per person workshop fee)

*Meet the Animals from 11:15 a.m. to 12 noon.

Book Review

Tales of Nostalgia

Sometimes a trip down memory lane can be the best way to remember what's important.

Whether it's thumbing through family photographs or enjoying favorite childhood recipes, Americans are finding ways to focus on simple pleasures and basic values during hard economic times.

With its delightful tales and heartwarming humor, *I Love You, Miss Huddleston: And Other Inappropriate Longings of My Indiana Childhood* (HarperOne, $21.99) by best-selling author Philip Gulley, could do for books what A Christmas Story did for movies. The book takes readers on a hilarious and nostalgic trip back to what for many of us were innocent and awkward days of adolescence.

Gulley transports readers to 1970s Danville, Ind. yes (population 5,000), where everyone knows your business, 6th-grade teachers are crush-worthy and the only rule is to be home by dinnertime.

For instance, remember the pressure of finding the perfect Halloween costume? So does Gulley. He laments, "My early Halloweens were perilous affairs. I dressed as a ghost, a bedsheet draped over me. We were too poor to waste a sheet, so my mother never cut holes for my eyes."

His embarrassing yet sentimental experiences evoke an age when childhood was less sheltered, and they strike a chord with readers of all ages. NAPS

Steering Clear of Those Travel Scams When Planning Your Next Vacation

Record-low prices mean families can find great deals on vacations – but as costs plummet, it's important not to be taken for a ride by travel scams.

One of the best ways to guard against scammers is to remain skeptical. Be wary of unsolicited e-mails, postcards and phone calls saying you've been selected to receive a free trip. And be especially wary of firms requiring you to wait at least 60 days to take your vacation.

Try these additional tips for steering clear of travel scams and for evaluating travel offers and so-called deals. They come from experts at the American Society of Travel Agents (ASTA).

*Read the fine print. Certain offers impose so many requirements and restrictions that you may never have the chance to take the trip or you might end up paying more than if you had made arrangements on your own or with a travel agent.

*Get the facts. You should receive complete details in writing about any trip prior to payment. These details should include the total price, cancellation and change penalties and specific information about all components of the package.

*Follow up. Once you have the complete details of your trip, contact the hotel and transportation companies on your own to make certain the reservations have been made.

*Know when to walk away. High-pressure sales presentations that don't allow you time to evaluate the offer or that require that you disclose your income are red flags.

*Pay with a credit card. Under the Fair Credit Billing Act, credit card customers have the right to refuse paying for charges for services not rendered. Details of the Fair Credit Billing Act can be found at the Federal Trade Commission's Web site.

*Run a "background check." Search for the company you plan to book a vacation with by checking to see if it is a member of ASTA. If you feel you have been scammed, contact the group's Consumer Affairs department at consumeraffairs@asta.org for information and assistance. NAPS

Cooking Corner

Garlic and Olive Oil Chicken Kabobs

3 boneless, skinless chicken breasts, cut into 1½-2-inch pieces; 12 fingerling potatoes; ¼ large red bell pepper, seeded and cut into 4 pieces; ¼ large orange bell pepper, seeded and cut into 4 pieces; 4 slices (¾-inch) yellow squash or zucchini; 3 cloves garlic, pressed or minced; 1 tsp. grated gingerroot, optional; ½ tsp. salt; ½ tsp. coarse ground pepper; 2 Tbsp. extra virgin olive oil; 1 Tbsp. soy sauce; 4 baby portobello (cremini) mushroom caps, optional; Olive oil.

Heat grill to medium direct heat. Meanwhile, in 1-quart microwave-safe casserole, combine potatoes and 2 Tbsp. water. Cover and microwave at High power for 1 minute; drain well. Combine chicken, potatoes, pepper chunks, squash, garlic, gingerroot, salt and pepper in large bowl; toss to coat evenly. Drizzle with olive oil and soy sauce; toss to coat. (If desired, refrigerate up to 4 hours, turning occasionally.) Add mushrooms; toss gently to coat with oil mixture.

Thread ingredients on 4 (16-inch) metal or wooden skewers. (If using wooden skewers, soak in water ½ hour before threading with chicken and vegetables.) Place skewers on grill; grill covered 8 to 10 minutes or until chicken is thoroughly cooked, turning once. Brush with additional olive oil, if desired. Makes 4 servings.

For more recipes, and information about olive oil, visit www.aboutoliveoil.org. NAPS

Church of the Visitacion

Roman Catholic (1907)

Over a Century in Visitacion Valley

Daily Masses (Mon-Fri) 7 a.m. & 5:30 p.m.

Saturday Masses 7:30 a.m. & 5 p.m.

Sunday Masses 8 & 9:30 a.m. (11 a.m. Spanish) 12:30 & 5 p.m.

Our Lady of Visitacion School Grades K-8 239-7840

Religious Education: Grades K-8 (Saturday only) 239-6723

Come, Let us worship together!

655 Sunnydale Avenue
San Francisco, CA 94134-2838
(415) 239-5950

Rev. Rafael de Avila y Romero, Administrator Pro Tem
Rev. Thuan V. Hoang, Parochial Vicar

JOHN W. KING SENIOR CENTER

500 Raymond Ave. San Francisco, CA 94134
Phone: 415.239.6233 Fax: 415.239.2262

Nutritional hot lunches served Monday-Friday from 12 to 1 p.m. for only $1.50. Seniors and non-seniors welcomed.

The Senior Center has many amenities, including our spacious outdoor courtyard. We offer social activities designed to keep seniors active and information designed to keep them informed.

Paratransit Service
Arts & Crafts Chair Dancing
Bingo Yoga
Computer Center Exercise Center
Weekly Strength & Tone Classes

USDA SUPPLEMENTAL FOOD DISTRIBUTION SITE
Weekly food bags and Monthly food boxes

EarthTalk

About Climate Change

Dear EarthTalk: Has anyone been tracking whether climate change is causing more loss of human life as it gets more pronounced?
- Gordon Gould, Compton, CA

Researchers believe that global warming is already responsible for some 150,000 deaths each year around the world, and fear that the number may well double by 2030 even if we start getting serious about emissions reductions today.

A team of health and climate scientists from the World Health Organization (WHO) and the University of Wisconsin at Madison published these findings last year in the prestigious, peer-reviewed science journal Nature. Besides killing people, global warming also contributes to some five million human illnesses every year, the researchers found. Some of the ways global warming negatively affects human health—especially in developing nations—include: speeding the spread of infectious diseases such as malaria and dengue fever; creating conditions that lead to potentially fatal malnutrition and diarrhea; and increasing the frequency and severity of heat waves, floods and other weather-related disasters.

Backing up WHO's findings is a study by Stanford civil and environmental engineer, Mark Jacobson, showing a direct link between rising levels of carbon dioxide (CO_2) in the atmosphere and increased human mortality. He found that the added air pollution caused by each degree Celsius increase in temperature caused by CO_2 leads to about 1,000 additional deaths in the U.S. and many more cases of respiratory illness and asthma. Jacobson estimates as many as 20,000 air-pollution related deaths may occur worldwide each year with each one degree Celsius increase.

"This is a cause and effect relationship, not just a correlation," relates Jacobson. "The study was the first to specifically isolate CO_2's effect from that of other global-warming agents and to find quantitatively that chemical and meteorological changes due to CO_2 itself increase mortality due to increased ozone, particles and carcinogens in the air."

For their part, though, global warming skeptics such as atmospheric physicist Fred Singer maintain that cold weather snaps are responsible for more human deaths than warm temperatures and heat waves. "The elderly die in inadequately heated homes. People get skull fractures from falls on the ice. Men die of heart attacks while shoveling snow. People get colds, flu, pneumonia and other respiratory diseases. Infectious diseases proliferate. Hospital admissions rise." Singer, founder of the Science and Environmental Policy Project, concludes that since global warming would raise maximum summer temperatures modestly while raising winter minimum temperatures significantly, it "should help reduce human death rates."

A team of Harvard researchers found otherwise. Their July 2007 study, published in the peer-reviewed Occupational and Environment Medicine, found that global warming is likely to cause more deaths in summer because of higher temperatures, but not fewer deaths in milder winters. In analyzing weather data related to the deaths of 6.5 million people in 50 American cities between 1989 and 2000, the researchers found that during two-day cold snaps there was a 1.59 percent increase in deaths because of the extreme temperatures. But in similar periods of extremely hot weather, mortality rates increased 5.74 percent.

Dear EarthTalk: How does the microwave compare in energy use, say, to using a gas or electric stove burner to heat water for a cup of tea? - Tempie, Dexter, MI

The short answer is that it depends upon several variables, including the price of electricity versus gas, and the relative efficiency of the appliances involved. Typically, though, a microwave would be slightly more efficient at heating water than the flame on a gas stove, and should use up a little less energy. The reason: The microwave's heat waves are focused on the liquid (or food) inside, not on heating the air or container around it, meaning that most if not all of the energy generated is used to make your water ready.

Given this logic, it is hard to believe that a burner element on an electric stovetop would be any better, but an analysis by Home Energy Magazine found otherwise. The magazine's researchers discovered that an electric burner uses about 25 percent less electricity than a microwave in boiling a cup of water.

That said, the difference in energy saved by using one method over another is negligible: Choosing the most efficient process might save a heavy tea drinker a dollar or so a year. "You'd save more energy over the year by replacing one light bulb with a CFL [compact fluorescent lightbulb] or turning off the air conditioner for an hour—not an hour a day, one hour at some point over the whole year," says consumer advocate Michael Bluejay.

Although a microwave may not save much energy or money over a stove burner when heating water, it can be much more energy-efficient than a traditional full-size oven when it comes to cooking food. For starters, because their heat waves are concentrated on the food, microwaves cook and heat much faster than traditional ovens. According to the federal government's Energy Star program, which rates appliances based on their energy-efficiency, cooking or re-heating small portions of food in the microwave can save as much as 80 percent of the energy used to cook or warm them up in the oven.

The website Treehugger.com reports that there are other things you can do to optimize your energy efficiency around the kitchen when cooking. For starters, make sure to keep the inside surfaces of your microwave oven clean so as to maximize the amount of energy reflected toward your food. On a gas stovetop, make sure the flame is fully below the cookware; likewise, on an electric stovetop, make sure the pan or kettle completely covers the heating element to minimize wasted heat. Also, use the appropriate size pan for the job at hand, as smaller pans are cheaper and more energy-efficient to heat up.

Despite these tips for cooking greener, Bluejay reiterates that most of us will hardly put a dent in our overall energy use just by choosing one appliance over another. According to his analysis, for someone who bakes three hours a week the cheapest cooking method saves only an estimated $2.06/month compared to the most expensive method.

"Focusing on cooking methods is not the way to save electricity [at home]," says Bluejay. "You should look at heating, cooling, lighting and laundry instead."

A Cigarette Fee to Fund Butt Cleanup?

Mayor Gavin Newsom on May 19 proposed a fee on cigarettes sold in San Francisco. The fee will recover the cost of cleanin up cigarette litter on sidewalks and in gutters.

"All litter creates unnecessary costs for the city and its taxpayers," said Mayor Newsom. "Cigarette butts are a big part of the problem."

This year, the City's annual litter revealed that cigarette-related litter makes up 25 percent of all litter found on sidewalks in gutters. City government spends $44,282,843 per year picking up litter in San Francisco, and $10,694,425 per year is directly attributable to cigarette litter.

A nexus study will be finalized on Friday, May 22 that will document the relationship between these costs and the incidence of tobacco litter; preliminary results indicate that the per pack fee will be 33 cents a pack.

Newsom will include this fee as a line item in his June 1 budget and will introduce legislation to enact a regulatory fee to recover these costs from the consumers of cigarettes. Retailers will be responsible for reporting and remitting the collected fee back to the City on a regular basis.

The collected revenue will go back to City departments charged with collecting litter.

Newsom also said that cigarette litter is bad for the environment.

"Cigarette butts contain benzene and toxic heavy metals that can poison the marine environment and leach into groundwater."

Grapevine Classified

VVCC BOARD MEETINGS: Visitacion Valley Community Center (VVCC) regular monthly Board meetings, held the 4th Thursday of each month at 6 p.m., except December and May, are open to the public. Board members are selected by the mem-bers of the community center with dues currently paid, at the Annual Membership meeting held the 3rd Saturday in May each year. Any vacancies that occur on the Board due to uncompleted 3-year terms of membership are filled by appointment of the remaining Board members. At least 75% of our Board members must reside in Visitacion Valley. Persons interested in Board membership are encouraged to send a letter of interest to: Board of Directors Development Committee, Visitacion Valley Community Center, 50 Raymond Avenue, San Francisco, CA 94134. Please let the Board know what you could contribute that will enhance and improve our organization for better service to our community. You will be contacted and your letter will be submitted to the Board for consideration at either the next Annual election or of any available open positions that might occur within the coming year.

GRAPEVINE DISPLAY ADVERTISING: new limited-time rates: Full Page: $60; 1/2 Page $33.75; 1/4 Page $18.75; 1/8 Page $10; 1/12 Page $8; 1/16 Page $6. Generous discount for three or more insertions. Call (415) 467-9300 for more details.

Classified: 20 words for $1. Extra line 50 cents. Ad and payment should be received by 15th of prior month at Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134

Visitacion Valley Police Report

Police Cases

*On Apr 24 at 1:25 p.m. at Leland Avenue and Cora Street while in plainclothes patrolling, officers observed a vehicle that entered an intersection without stopping at a stop sign. After running the plate and determining the vehicle was stolen, marked units responded and assisted in taking the male subject into custody without incident.

*On Apr 25 at 2:30 a.m. on Bayshore Boulevard at Arleta Avenue, an officer was flagged down by a store employee regarding two intoxicated subjects. The two subjects were in the store and creating a disturbance. After advising one of the subjects that the beverage machine was not working, one of the subjects pulled up his shirt and flashed what appeared to be a handgun. At 5:27 p.m. at Brookdale and Blythdale avenues with the assistance of a marked unit, plainclothes officers stopped a vehicle that was traveling at a high rate of speed in a residential neighborhood. The driver, who was on parole, and the vehicle he was driving were searched. Narcotics were found. The driver was arrested and booked at Ingleside Station.

*On Apr 26 at 6:45 a.m. on the 100 block of Brookdale Avenue, an officer responded to a housing unit to prepare a burglary report. According to victim, an unknown subject made off with several items. At 11:58 a.m. at Sunnydale Avenue and Britton Street, officers conducted a search of a subject with a warrantless search condition. Officers IDed and released the subject at the scene. At 3:19 p.m. at University and Dwight streets, officers viewed and detained two subjects for suspicious activity. During the investigation, officers found one subject in possession of narcotics. Subject was also currently on probation. Subject was arrested and booked at Ingleside Station. At 4:20 p.m. at San Bruno and Paul avenues, plainclothes officers effected a traffic stop of a driver for several moving violations. During the traffic stop, officers discovered the subject in possession of a loaded firearm. Officers also located narcotics on the subject who was arrested and transported to Ingleside Station. At 5:36 p.m. at Bayshore Boulevard and Leland Avenue, officers observed a stolen vehicle with two occupants aboard. Officers effected a felony traffic stop and arrested the driver of the stolen vehicle. At 10:01 p.m. on the 3400 blk of San Bruno Avenue, officers prepared a suspicious occurrence report regarding a known suspect.

*On Apr 28, at 7:22 p.m. on Santos Street and Velasco Avenue, officers investigated and prepared a report regarding a theft that occurred on the 9 San Bruno Express Line, Coach #6253. Three male suspects grabbed a Playstation out of victim's hands and exited the bus. There were no injunes. At 10:45 a.m. on the 1300 block of Sunnydale Avenue, officers investigated and prepared a report regarding a missing juvenile. During the investigation, the missing juvenile returned home.

*On Apr. 29, at 9:34 p.m. at San Bruno Avenue and Mansell Street, an officer responded to the scene regarding a person who was robbed at gunpoint. The officer spoke to the victim who told him that he was robbed at gunpoint by several suspects. The victim further stated that he was parked on San Bruno Avenue and was picking up his girlfriend. As his girlfriend got into his car an unknown suspect jumped into the car, pointed a gun at the victims and told the second suspect, who was outside the car, to take all of the victim's items. The victim's purse, wallet, cell phones and money were taken by the suspects, who fled in a car. Officers searched the area for the suspects to no avail. The victims were not injured during the incident.

*On Apr. 30 at 7:59 a.m. on Holyoke Street, an officer responded to a call from a parole agent who was in the Bayview District and had a wanted parolee in her sights. Officers assisted the agent in placing the suspect into custody without incident. The suspect was transported back to Bayview Station and on his way back to prison. At 2:35 p.m. on the 2400 block of San Bruno Avenue, officers responded to a bank regarding a person trying to pass a fraudulent check. The officers detained the suspect at the teller window, without incident and spoke with the bank manager. The manager stated that he watched the suspect enter the bank, approach the teller window and ask the teller to cash his check. The teller discovered that the check was fraudulent and advised the manager who in turn called for police. The suspect was placed under arrest and transported back to Bayview Station. There, the officers discovered that the suspect was a wanted parolee and contacted his parole agent to advise her of the arrest. At 1:35 p.m. on the 2400 block of San Bruno Avenue, an officer responded to a bank regarding a fraud incident. Headquarters advised that the suspect had fled down the street and the bank manager was chasing her. The officers detained the suspect and returned to the bank to investigate further. The bank teller provided officers with items of evidence used by the suspect and the officers placed the suspect under arrest. The victim's, whose checks were used, were the same victims as the incident listed under a previous case. SFPD's Fraud Unit is investigating both incidents. At 3:30 p.m. on the 1800 block of Sunnydale Avenue, while working in plainclothes, officers observed a female subject who they knew to have several active warrants. The officers were able to place her into custody. At 8:09 p.m. on the Unit block of Sunnydale Avenue, an officer conducted an investigation of vehicles which had been damaged by gunfire. Officers were several blocks from this area when they heard shots being fired. They responded to the area along with Ingleside officers where two vehicles had been damaged by bullets. Casings were found and the officers searched the area for any suspects or witnesses to this incident.

Officers Neal, Riordon, Smalley, Landi, Kasper and Etcherber from the Traffic Company conducted traffic enforcement in Visitacion Valley resulting in 37 citations, 4 vehicles towed, 4 reports prepared and 4 arrests made!

*On May 1 at 7:34 p.m. on the Unit block of Kelloch Avenue, officers investigated and prepared a report regarding burglary of a home. The front door to the residence was kicked in and the rear door to residence was left open. Loss at this time is two laptop computers. The suspect were unknown.

*On May 3, at 7:20 p.m. on the 1600 block of Sunnydale Avenue, officers recognized a subject who had an outstanding warrant. The subject was transported to the station where the warrant was verified and the subject was booked.

*On May 5 at 6:11 a.m. at Silver Avenue and Cambridge Street, a woman was standing at the bus stop when she was approached by three males in black hooded sweatshirts. One of the suspects engaged in small talk with the victim. The same suspect then grabbed at the purse hanging from the woman's shoulder. When the woman attempted to hang onto the purse the suspect brandished a knife. The woman let the purse go and the suspects fled the area on foot. Officers from the Traffic Company conducted traffic enforcement on May 5 in Visitacion Valley resulting in 40 citations, 3 vehicles towed and 4 reports prepared. In one incident, they recovered a BB gun. At 3:45 p.m. on the 200 block of Peabody Street, an officer met with a victim who stated she was receiving threatning phone calls from a known subject. The officer prepared a report. At 6:34 p.m. on Santos Street and Velasco Avenue, an officer prepared a report for a victim who stated her iPod was stolen while riding Muni bus 9X. At 7 p.m. on Delta Street and Raymond Avenue, officers responded to assist the victim of a robbery. While walking in the area, the victim was approached by two males who forcibly took her property.

*On May 6 in an effort to stem the robberies on the San Bruno Avenue corridor, Bayview plainclothes officers and inspectors joined forces and conducted a decoy operation. This entailed dressing an officer in street clothes and having him look like an easy target. This of course puts the officer doing this at risk of personal injury. The operation paid off; it resulted in two arrests. One of the persons was a parolee who will be returning to prison. On Feb. 16, two gang members in a vehicle were shooting at a rival gang at the intersection of Sunnydale Avenue and Hahn Street. Officers suddenly came upon this shooting, capturing one suspect while the other got away. On May 7, the Gang Task Force, with the assistance of the Tactical Company, captured the second suspect, on the 100 block of Blythdale Avenue, who had a warrant for his arrest with a bail amount of $700,000. At 5:50 p.m. on the Unit block of Towerside Avenue, a report was filed at Ingleside Station regarding a theft from residence. Loss was a cell phone. The suspect is known. At 11:20 p.m. on the 200 block of Blythdale Avenue, a resident told officers that she returned home and discovered the window of her home broken. On the 600 block of Bowdoin Street, officers responded to a call regarding a subject that had just come out of a house carrying a bag. The officers detained the subject who attempted to flee on foot. The officers then spoke with the victim who stated that she heard a noise in her backyard, heard the garage door shut and saw an unknown person come out of her garage carrying a white plastic bag. The victim positively identified the suspect as the one she saw exit her garage and also identified the items found on the suspect as hers. Officers placed the suspect under arrest without further incident. Officers noted that the suspect had numerous prior arrests for burglary and theft.

*On May 7 at 11:42 a.m. on Visitacion Avenue and Britton Street, officers responded to assist a victim of a robbery that was pepper sprayed in the face while the subjects tried to take his wallet.

*On May 9 at 2:13 p.m. on the 1900 block of Sunnydale Avenue, officers and a police sergeant responded to a residence regarding phone threats. The subject was located in the area sitting in a parked vehicle. Officers searched the vehicle and were able to locate a loaded weapon in the car. At 1 a.m. on the Unit block of Santos Street, officers investigated a call of shots fired. The victims were home when they heard four or five gunshots outside of their home. One of the bullets penetrated the window of a housing unit while the occupants were home.

*On May 10 at 2:26 p.m. on Geneva Avenue and Santos Street, officers investigated and prepared a report regarding a purse snatch which occurred. The victim was walking when an unknown suspect approached her and grabbed her purse. The suspect fled the area on foot. No injury was sustained. Loss is a floral printed handbag containing credit cards, ID card, US currency and paperwork. The victim could not provide any description of the suspect. At 7:32 p.m. at Santos Street and Brookdale Avenue, officers investigated a theft from a person aboard the 9X San Bruno Muni bus. The victim was sitting down with her grocery bag next to her. Suspect #1 grabbed the bag and exited the bus with a second subject. Loss is a bag containing $40 worth of groceries. The suspects were not known to the victim. At 10:50 p.m. on the Unit block of Brookdale Avenue, officers investigated and prepared a report regarding a broken window. The victim said she left the house and when she returned her kitchen window was broken. The officers could not determine how the window was broken since no physical evidence was left behind. There was no suspect information.

*On May 11 at 4:36 p.m. on the 1400 block of Sunnydale Avenue, officers responded and detained three subjects for a possible burglary. It was determined the subjects had moved out several months ago and were returning for their own items.

*On May 12 at 6:20 p.m. on the 1500 block of Sunnydale Avenue, an officer observed a vehicle coming toward him without a license plate on the front bumper. The officer stopped the driver and confirmed he was driving with a suspended license. The driver was cited and vehicle was towed. At 8:32 p.m. on the Unit block of Blythdale Avenue, a resident told an officer that her kitchen window was broken and wanted a report to get it fixed.

*On May 13 at 8:15 p.m. on Colby Street an officer took a report from a victim who stated that her car was broken into and her cell phone taken. No arrest was made. At 2:05 p.m. at Leland Avenue and Delta Street, an officer effected a traffic stop for a moving violation and discovered the driver had a suspended drivers license. The driver was cited and the vehicle was impounded. At 8:30 a.m. on the 2200 block of Bayshore Boulevard, an officer responded to the scene of a hit and run accident where the driver had fled the scene but left the vehicle. The officer discovered that the vehicle in question had been reported stolen earlier. Her investigation led her to where the vehicle had been stolen from and a possible suspect who may have been caught on vided surveillance. At 4 p.m. at Sunnydale Avenue and Rey Street, a police lieutenant saw a person hide behind a vehicle then heard something drop as the suspect ran away. He investigated and retrieved the ammunition.

*On May 14 at 1:05 p.m. at Velasco Avenue and Santos Street, an officer prepared a report for victim of a robbery. The victim stated she was waiting for a bus when a male subject approached her and pulled her purse off of her. At 11:18 p.m. at Britton Street and Visitacion Avenue, officers responded to a robbery. The Victim stated she was approached from behind by a male subject who pulled her purse off of her and punched her head.

*On May 16 at 11:18 p.m. on the 1800 block of Felton Street, officers responded to the area regarding shots fired. Officers were able to locate a victim who was transported to SFGH. At 11:45 p.m. on the Unit blk of Towerside Avenue, a victim came to Ingleside Station to report her brother's girlfriend was threatening to kill her.

*On May 17 at 11:30 p.m. on the Unit block of Brookdale Avenue, an officer responded to a call regarding a man displaying a gun. Units were not able to locate the subject. On May 17 and 19, the Traffic Company conducted enforcement in Visitacion Valley resulting in a total of 81 moving violations issued.

*On May 18 at 2:03 a.m. at Felton and Bowdoin streets, officers (plainclothes) observed a Ford Taurus that fit the description of a vehicle used in a series of robberies. The subjects involved used a stun gun to commit these robberies. With the assistance of marked Ingleside units, all of the vehicle's occupants were detained. Officer's searched the vehicle and discovered a loaded firearm and stun gun. All five occupants were booked. At 3:26 a.m. on the 100 block of Blythdale Avenue, an officer prepared a report regarding an attempted burglary. The victim stated someone had attempted to force their way in but the victim's screams had scared the subject away.

*On May 19 at 10:19 a.m. on the 400 block of Sunnydale Avenue, officers responded to a fight between two subjects. The argument was regarding money owed and damage to subject's vehicle. One subject was cited. At 11:09 a.m. on the 300 block of Raymond Avenue, officers responded to a burglary call. Residents found their front gate and front door open when they arrived home. Residents called police to check their home before entering. Jewerly, computer, and electronic equipment were missing. At 1:50 p.m. on the 100 block of Harkness Avenue, an officer prepared a report regarding damage to a victim's vehicle, possibly due to an attempt to take the vehicle. At 5:15 p.m. on the 200 block of Leland Avenue, a victim was walking with her friend when she was approached by a male subject that exited a vehicle. The vehicle was an "older model blue car." No further information provided. The subject pulled her violently to the ground and removed her purse.

*On May 20 at 2:05 p.m. on the 1400 block of Visitacion Avenue, officers investigated a reported of a missing juvenile who was located. The subject was transported to child protective services. At 10:50 p.m. on the 100 block of Kelloch Avenue, a victim was approached by an unknown male who asked to see the victim's phone. The victim said "no" and the suspect pushed the victim against a wall and forcefully took the phone from the victim's pocket. The victim did not sustain any injury. The suspect fled the scene in a green minivan.

*On May 21at 5:10 p.m. at Felton and Brussels streets, an officer responded to a call regarding a possible assault. The officer spoke with a victim, who stated that he was robbed on his way home by five suspects. The victim further stated that he had been walking home when five suspects followed closely behind him. One suspect grabbed the victim's hair and pinned him to the ground. Another suspect reached into his pocket, taking his cell phone, Muni pass and ID card. The suspects calmly walked away after the incident. Officers did not locate the suspects. The victim was not injured during the incident. At 6 p.m. on the 1500 block of Silver Avenue, members of Bayview's housing team were in the area when they were flagged down regarding a person who had been sprayed in the face with pepper spray. The victim told officers that she had been involved in a physical altercation with another female. The fight ended and the victim stated she looked into a car mirror to check her hair. As she did this, the suspect came up behind her and sprayed her in the face. The suspect then fled the area on foot. A medic arrived and further treated the victim. Officers were unable to get any substantial information from the victim, who stated she would take up the matter with the suspect's mother.

See Next Page

Visitacion Valley Community Center Senior Program

Funded by

S.F. Department of Aging & Adult Services

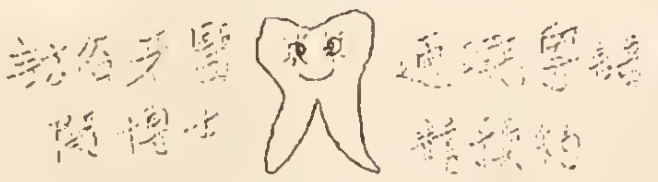
Open 365 Days a Year

Lunch Served Every Day

66 Raymond Avenue 467-4499

VISITACION VALLEY DENTAL OFFICE

Albert Kuan, D.D.S.



10 Percent Senior Discount

37 Leland Avenue
San Francisco, CA 94134

Monday thru Friday: 9 a.m. to 5 p.m.
Closed on Thursday

Phone 239-5500
for an appointment

Cantonese Spoken

Buildings with Style In Visitacion Valley

by Russel Morine

Over the last few months the Grapevine presented this new feature Buildings with Style spotlighting Visitacion Valley buildings that exhibit notable architectural and stylistic characteristics. This month we we'll take few liberties with The Junior Five.

Examples of Junior Five architecture in Visitacion Valley and Little Hollywood.

The Junior Five

Every house on the north side of the 1500 block of Visitacion Avenue is a Junior Five. So are all the homes on Tunnel Road between Blanken Avenue and Lathrup Avenue in Little Hollywood. There are several Junior Fives on the 100 block of Hahn Street and a handful on the 200 block of Raymond Avenue. The Junior Five is ubiquitous, nondescript, and hoarding on boring. Clad in stucco with minimal trim, the tiny square box of a home emerged during WWII to fill the need for affordable entry level housing in San Francisco. The "Junior Five" isn't really an architectural style; it's more of a term used to describe the interior layout. "Junior" to connote the smallness of the home and "Five" to enumerate the room count. Two bedrooms, a kitchen/dining room, a bathroom, and a living room. Five rooms packed into just under 800 sq ft.

Small and efficient, the Junior Five was no accident. It's appearance was the direct result of the 1930s Depression and the Federal Government's not-so-subtle promotion of the American Dream. Ironically, the same policies that lead to the Junior Five in San Francisco also created the modern American suburb (and simultaneously decimated the inner city. But that's another story…)

During the depths of the Great Depression, the number of foreclosures threatened to undermine the entire housing sector. As is the way with politicians during times of crisis, experts were gathered and "Special Commissions" were formed to 'study' the problem. Several findings would go on to redefine the home and the American Dream. Primary among the conclusions was the realization that the existing American housing supply was of such a poor quality that lending institutions were unwilling to issue mortgages. Banks had a justifiable fear that in the event of a foreclosure, they would be left with aged and valueless assets. The 'experts' reasoned that existing homes had little value because of haphazard construction and nominal 'standards.' If new homes could be built to at least a minimal national 'standard,' then at least the banks would have a valued asset in the event of a foreclosure. The 'experts' set out to define that 'standard.'

An earnest look at how 'the house' functioned as 'the home' was first undertaken. The reasoning was that greater efficiencies in construction could be determined by first understanding how occupants used the rooms in a home. The 'experts' determined that single-use rooms could be eliminated if other rooms were multipurposed. This would result in a smaller home, but one that was also more efficient and cheaper to build. The single purpose dining room would be eliminated and replaced by an extended eat-in kitchen. The parlor, den, and study were repurposed into the newly created 'living room.' Two bedrooms were adequate for up to three adults or a family with two adults and two children. One bathroom would have to suffice. These five rooms could fit into a single story house, with a modest attic for storage, in a footprint of less than 600 sqare feet. This new government approved "standard" house design was dubbed The Minimal House.

The construction side of the housing sector now had a new national template for success, hut it would also take federal government backed private mortgages, made possihle hy the creation of the Federal Housing Administration (FHA) in 1934, to fully restore the American housing sector. New homes built to at least The Minimal House standard would be eligihle for federally backed mortgage guarantees whereas older homes, especially in the inner city, were not.

Although The Minimal House and mortgage guarantees were a significant step forward, the 'experts' did not stop there. They continued their studies and soon began to define precisely how the ideal block should look and feel, how streets should be laid out, and ultimately how communities should be designed, all this around The Minimal House concept. This was the blueprint for the Suburbs. Yet it would take the end of WWII and a flood of returning servicemen armed with the GI Bill for this new vision of the American Dream to take root.

Let's backtrack just a bit and focus on San Francisco. The Minimal House was not envisioned as a urban/city house. Although the house was small, it was designed to be detached on all sides and situated on a modest sized lot. This would allow for expansion as the family grew. But small detached homes on large lots could not work in the traditional city because of higher land values. The significant increase in San Francisco's population during WWII and the limited supply of land / housing forced The Minimal House to evolve to fit an urban setting. The single story detached home with attic storage became attached with two stories. Retaining much of the original layout of The Minimal House on the upper floor the lower floor was used for parking and storage, but left unfinished (which reduced costs) and allowed future owners to expand if or when needed. The Junior Five was bom (the name was likely coined hy real estate agents).

Visitacion Valley was an ideal location for the Junior Five. Numerous lots were still unbuilt during the War and two major military housing developments (Sunnydale and Candlestick Cove) provided a constant influx of new residents settling into San Francisco for the first time. The Junior Five was built in mass in Visitacion Valley and throughout the City by "merchant builders" seeking to maximize profit by minimizing individual design. Most were built between 1944 - 1948. As the City's war fueled population boom went bust, the demand for the compact Junior Five all hut disappeared. Its last gasp was to again evolve into the "Full Five" which reintroduced the single use dining room and had slightly larger rooms.

As an entry level single family home, the Junior Five was without compare. The small size made it atfordable, the layout made it efficient. Countless families moved up from rental housing to home ownership with the Junior Five and secured their vision of the American Dream while helping to create the stable Visitacion Valley community we know today.

Interesting Termite FAQ from Terminix

What are subterranean termites?

Subterranean termites are wood-destroying pests that live in underground colonies. In their natural environment, they recycle dead wood back into the soil. When they gain access to a home they can cause extensive damage.

How much damage to termites cause?

Each year termites cause more than $5 billion in property damage. To make matters worse, the destruction they leave behind generally isn't covered by homeowner's insurance.

What do termites eat?

Termites can consume almost all wood products. Once inside a home they can eat items like furniture, wallpaper and even books. Termite colonies forage for food 24/7, and are capable of causing significant structural damage to American homes.

How do termites enter homes?

Suhterranean termites enter homes through tiny openings along the home's foundation. Subterranean termites are smaller than a grain of rice, and can slip through cracks as thin as a few sheets of paper.

How widespread are termites?

Termites are found in every state except Alaska, meaning almost every American homeowner should be watchful for signs of the pest.

What is a termite swarm?

A termite swarm is a group of winged, reproductive termites which leave their existing colony to establish new ones. Subterranean termite swarming is weather driven and normally occurs during warm spring days, after a rain. Swarm season can begin as early as February in some parts of the country and can continue through June.

Can homeowners easily diagnose a termite infestation?

Colonies can remain hidden behind walls and other structural elements for months and even years before their presence is detected, and the extent of their damage is evident. Their presence is difficult to detect without the help of a trained professional.

What are obvious signs of a subterranean termite infestation?

*Winged termites or discarded termite wings: often near doors and in widow sills.

*Mud tubes: are hollow, drinking straw-sized roadways for termites.

*Hollow wood: when tapped makes a hollow sound.

What should homeowners do if they have a swarm occur in their home?

*Use a vacuum to remove the winged termites fluttering or crawling around the home. They are not likely to survive and pose little or no threat to your home.

*Save some of the captured swarmers in a re-sealable plastic lunch bag for a professional to positively identify them

*Attempt to mark the point where the swarm emerged from their colony

*Contact a professional and have them inspect the home for termites and investigate the hagged samples and the point of origin for the swarm

How can you tell the difference between winged termites and winged ants?

*Winged termites have straight beaded antenna, and ants have elbowed antenna

*Winged termites have a broad waist, and ants have a pinched waist

*Winged termites have four large wings of equal size, and winged ants have a pair of larger wings and a pair of smaller wings.

What can homeowners do to help keep termites out?

*Clean and repair gutters, and ensure downspouts direct moisture away from the home. Clogs and drainage problems can allow water to accumulate near the home's foundation, serving as a source of moisture for termites.

*Fix all plumhing leaks. Whether a leaky sink or dripping spigot, these small water problems can be enough to support a termite colony.

*Prevent mulch from piling up against the home's exterior. Mulch beds are generally areas of high moisture, and some organic mulch can serve as a primary food source for termite colonies. If using mulch, it's best to keep a barrier of several inches around the home.

*Maintain adequate ventilation in crawl spaces. If unventilated, the crawl space can serve as an ideal nesting site for termites and other pests.

*Move all firewood or wood debris away from the foundation of the home and store it off the ground. These items can serve as a food source for termites and can conceal the termites' entry points if stacked against the foundation.

*Have your home inspected by a trained professional at least once a year. Prompt treatment and regular inspections can save thousands of dollars in damage repair.

*To learn more about termites or track their annual swarms, visit www.swarmwarning.com.

Termite Facts

Swarming

*Termite swarming takes place when swarmers, winged reproductive termites, leave their colonies to establish new ones.

*Swarming is weather-driven and typically occurs on warm, calm, sunny days, often shorlly afler a spring rain.

*After their short flight, swarmers break off their wings because they will never attempt to fly again. Discarded wings on window sills often are a sign of a termite infestation.

*The presence of swarmers inside a structure usually indicates an infestation and should be investigated by a trained termite inspector.

Damage

*Termites annually cause more than $5 billion in damage.

*Most homeowner's insurance policies don't cover termite damage.

*Out of pocket costs for termite damage repair averages nearly $3,000.

Eating Habits

*Termites eat 24/7, never stopping to rest or sleep.

*Termites can consume almost all wood products in the home: furniture, wallpaper and even books.

*Termites damage more than wood. They have been known to chew through vinyl, linoleum and underground cable coverings.

General Facts

*The total weight of all termites is more than the combined weight of all humans.

*Subterranean termites are social insects that live in colonies underground. In some cases their nests may contain up to several million termites.

*Termites gain access to homes through openings in the foundation as small as 1/32 of an inch.

Police Summaries

*Apr. 25 4 11 p.m traffic collision occurred on Girard and Ordway Sts

*Apr 26 5:36 p.m : officer prepared recovered vehicle report, vehicle recovered at Bayshore Blvd and Leland Ave

*Apr 27. 3 40 p m. University and Dwight Sts , stolen vehicle reported, beige Ford Taurus

*Apr 27 2 20 p.m. 600 block of University St., entry made through hole in fence, loss was sprinklers, chainsaw, leaf blowers, hedger and pole trimmer.

*Apr 28 11:30 a m Unit block of Hahn St., stolen vehicle reported, blue Acura Integra

*Apr 28 8 40 p.m Unit block of Tioga Ave., recovered vehicle

*Apr. 30. 10.16 a m. Unit block Brookdale Ave , recovered vehicle, green Honda CRV

*May 4 12 02 a.m. 1900 block of Sunnydale Ave., stolen vehicle recovered

*May 4 1 10 a m Unit block of Cambridge St., stolen vehicle recovered

*May 4 10 21 p m 200 block of Oxford St stolen plate

*May 5. 12 02 a m. 1900 block Sunnydale Ave , recovered vehicle

*May 7 8 18 p.m. 100 block of Blythdale Ave., vandalism to property, officer prepared report of broken window

*May 8. 5 46 p.m Visitacion Ave and Mansell St., traffic collision.

*May 9 11 30 a m Sunnydale Ave and Cora St., stolen registration sticker.

*May 10. 2:26 p m. 1900 block Sunnydale Ave , stolen vehicle, green Honda Civic

*May 11 2 15 p m. 1300 block of Sunnydale Ave , a missing, then later found report was handled by officer

*May 13 6:18 p m . 500 block of Carter St., vehicle vandalism, report was made at Ingleside Station

*May 13 6:33 a m 2200 block Bayshore Blvd , stolen vehicle recovered, black Toyota Tacoma

*May 15 4:38 p m 300 block of Raymond Ave , burglary, officer prepared residential burglary report, large sum of money was stolen

*May 15 6 10 a.m Sunnydale Ave and Bayshore Blvd , traffic collision.

*May 15 10 p.m 300 block of Raymond Ave., entry made through front door

*May 17 2 40 p.m. 100 block of Cambridge St., recovered vehicle

*May 18 2 25 p.m 1700 block of Sunnydale Ave., vandalism to vehicle, officer prepared report regarding broken window

*May 18 10 20 p m 2500 block of San Bruno Ave , entry made through broken security gate, loss was money

*May 19 8 a m 300 block of Sawyer St , traffic collision

*May 20 1 47 p m 157 Blythdale Ave., recovered vehicle, gray Acura MDX

*May 20 1:47 p.m. 153 Blythdale Ave., recovered vehicle, brown Honda Civic

*May 20. 9 07 p.m. 700 blk Velasco Ave., recovered vehicle, green Honda Civic

Captain David Lazar of Ingleside Station and Captain John Loftus of Bayview Station contributed to this report

Fourth Annual Leland Avenue Street Fair
Sunday September 27, 2009, 10a.m. to 4 p.m.
Leland Avenue at Bayshore Boulevard

Join the Visitacion Valley community for a day of fun, food and music as a variety of talented artists, musicians, vendors, craftspeople and charitable organizations line the streets of downtown Visitacion Valley to celebrate our place in San Francisco.

To find out more information on becoming a sponsor or vendor, please contact VVBOOM program manager, Nick Wolff at 415/ 5B5.233B or nwolff@vvboom org

Grapevine Puzzler — Little California Towns 1

Alpaugh
Avery
Beckwourth
Bluewater
Bombay Beach
Bradbury
Byron
Calwa
Cantua Creek
Chilcoot-Vinton
Clyde
Crescent Mills
Cromberg
Del Rey
Delleker
Derby Acres
Desert Shores
Diablo
Dillon Beach
Dorrington
Dorris

F	C	T	O	O	C	L	I	H	C	C	V	F	Y	G	B	F	G	H	C
G	H	K	J	H	Y	T	R	E	S	F	F	C	C	G	H	G	G	A	R
V	T	Y	A	B	M	O	B	C	R	E	S	C	E	N	T	B	N	V	O
B	F	T	Y	T	Y	U	L	I	O	O	P	H	S	I	U	T	V	E	M
V	D	G	T	G	H	Y	V	B	G	T	Y	L	C	Y	U	U	B	R	B
B	X	H	T	G	D	Y	I	J	A	H	L	F	G	A	Y	H	N	Y	E
T	R	E	S	E	D	O	N	I	U	I	Y	T	C	T	E	H	N	R	R
V	C	G	U	G	J	U	T	U	M	N	D	R	U	Y	Y	B	R	R	G
C	X	F	Y	F	Y	Y	O	K	O	L	E	J	K	K	T	H	E	T	S
X	R	V	U	E	H	Y	N	T	G	E	L	F	L	S	B	H	T	F	D
B	E	V	R	G	G	H	G	C	K	C	R	F	K	E	V	C	A	C	X
R	H	L	I	G	G	N	F	G	F	G	A	N	O	R	Y	B	W	T	D
A	E	B	I	H	I	K	C	V	C	G	Y	F	L	O	H	H	E	E	Y
D	L	H	T	R	U	O	W	K	C	E	B	F	K	H	J	J	U	R	T
B	L	V	R	H	V	V	H	K	J	J	M	J	K	S	H	K	L	R	T
U	E	O	Y	T	Y	H	C	A	E	B	N	O	L	L	I	D	B	E	Y
R	D	V	B	H	G	A	F	Y	S	E	R	C	A	Y	B	R	E	D	U
Y	C	N	J	J	L	H	G	H	G	F	H	J	Y	I	O	O	R	R	Y
Z	F	C	X	W	H	T	E	H	G	U	A	P	L	A	G	H	T	O	G
X	C	V	A	C	H	J	K	L	P	O	I	U	G	F	D	G	H	J	D

Historic Proportions

2008

Match clues to answers.

1. Elected President of Cuba on Feb. 24.
2. Elected the 44th President of the United States on Nov. 4.
3. First-ever photograph of this planet's unseen side taken by Messenger spacecraft on Jan. 14.
4. Country set a world record by sending 10 satellites into orbit in a single launch on Apr. 28.
5. On Aug. 17, he set a record by winning eight Gold Medals at the 2008 Olympics.
6. Expo 2008 began here on June 14.
7. More than 69,000 killed by powerful earthquake on May 12.
8. World Series winners on Oct. 29.
9. Sworn in as first President of Nepal on July 23.
10. NBA champs on June 17.
11. They won the Super Bowl on Feb. 3.
12. On May 25, first spacecraft to land on the northern polar region of Mars.

A. NY Giants
B. Mercury
C. Ram Baran Yadav
D. Zaragoza, Spain
E. Raúl Castro
F. China
G. Boston Celtics
H. Phoenix
I. Barack Obama
J. Michael Phelps
K. India
L. Philadelphia Phillies

Answers: 1-E, 2-I, 3-B, 4-K, 5-J, 6-D, 7-F, 8-L, 9-C, 10-G, 11-A, 12-H.

As a Matter of Fact

*James Buchanan was the only United States president never to marry.

*Spiders feel, hear, and smell with their legs.

*To estimate the age of a large lobster, multiply its weight in pounds by seven.

*The bright yellow wildflower called a buttercup is also called a crowfoot.

*The first president to be married while in office was John Tyler, the tenth President.

Grapevine Five Years Ago

June 2004

*Visitacion Valley Elementary School, together with several other San Francisco public schools, received a state Title 1 Achieving School Award on April 29 in a special banquet ceremony held at the Airport Hyatt Regency.

*More than 150 volunteers from Macfarlane Partners, Gensler Architecture, and Saint Ignatius Church gathered on a sunny Apr. 24 morning at Visitacion Valley Community Center to paint, do gardening and spruce-up the premises.

*Friends and neighbors packed the Visitacion Valley Community Center gymnasium on May 18 to honor Pat Crocker, former senior director who recently retired from her post after nearly two decades of service.

*During a May 11 meeting of the San Francisco Board of Supervisors, Supervisor Sophie Maxwell introduced a directive to the Department of Parking and Traffic to conduct an investigation on the feasibility to install traffic signals or stop signs at the intersection of Leland Avenue and Cora Street.

The Haircut

One Monday, a florist went to a barber for a haircut. After the cut he asked about his bill and the barber replied, "'I cannot accept money from you. I'm doing community service this week." The florist was pleased and left the shop.

When the barber went to open his shop the next morning there was a Thank You card and a dozen roses waiting for him at his door.

Later on Tuesday, a policeman came in for a haircut, and when he tried to pay his bill, the barber again replied, "'I cannot accept money from you. I'm doing community service this week." The policeman was happy and left the shop.

The next morning when the barber went to open up there was a Thank You card and a dozen donuts waiting for him at his door.

Later on Wednesday, a college professor came in for a haircut, and when he tried to pay his bill, the barber again replied, "I cannot accept money from you. I'm doing community service this week." The professor was very happy and left the shop.

The next morning there was a Thank You card and a dozen different books, such as *How To Improve Your Business* and *Becoming More Successful*.

Then on Thursday, a Congressman came in for a haircut, and when he went to pay the bill the barber again replied, "I cannot accept money from you. I'm doing community service this week." The Congressman was very happy and left the shop.

The next morning when the barber went to open up, there were a dozen Congressmen lined up waiting for a free haircut.

Sez Who?

Match quotes to speakers.

1. "An editor is someone who separates the wheat from the chaff and then prints the chaff."
2. "Grown up, and that is a terribly hard thing to do. It is much easier to skip it and go from one childhood to another."
3. "It is well known what a middleman is: he is a man who bamboozles one party and plunders the other."
4. "Early to bed, early to rise, work like hell and organize."
5. "Since people are going to be living longer and getting older, they'll just have to learn to he babies longer."
6. "If you attack the establishment long enough and hard enough, they will make you a part of it."
7. Only dull people are hrilliant at breakfast."
8. "I'm not contused, I'm just well-mixed."
9. "We estimate the wisdom of nations by seeing what they did with their surplus capital."

A. Benjamin Disraeli
B. Oscar Wilde
C. Art Buchwald
D. Andy Warhol
E. Adlai Stevenson
F. Robert Frost
G. F. Scott Fitzgerald
H. Ralph Waldo Emerson
I. Al Gore

Answers: 1-E; 2-G; 3-A; 4-I; 5-D; 6-C; 7-B; 8-F; 9-H.

Larry, the Cable Guy Sez:

*A day without sunshine is like night.

*On the other hand, you have different fingers.

*He who laughs last, thinks slowest.

*Depression is merely anger without enthusiasm.

*The early hird may get the worm, but the second mouse gets the cheese in the trap.

*A clear conscience is usually the sign of a bad memory.

*Change is inevitable, except from vending machines.

*If you think nobody cares, try missing a couple of payments.

*OK, so what's the speed of dark?

*When everything is coming your way, you're in the wrong lane.

*Eagles may soar, but weasels don't get sucked into jet engines.

*What happens if you get scared half to death, twice?

*Why do psychics have to ask you your name?

*Inside every older person is a younger person wondering, 'What the heck happened?'

*Light travels faster than sound. That's why some people appear bright until you hear them speak.

Sump, the Grump

HAPPENINGS AT THE VALLEY LIBRARY

Super Fair Market demolished in May.

by Wen Chin Chen
Valley Branch Librarian

It's Happening! New Valley Branch Breaks Ground June 3

Join us on Wednesday, June 3rd at 11 a.m. as we hreak ground on the new Visitacion Valley Branch Lihrary (Leland at Rutland). There will be speeches, local entertainment, and lots of rejoicing. As you've probahly noticed, the old Super Fair Market has been demolished to make way for the new branch. The construction project has been awarded to CLW Builders, Inc., the same company that huilt the new Portola Branch Library. See you at the groundbreaking!

The Visitacion Library Campaign has started! This vital Campaign is a partnership of Friends of the San Francisco Public Library, the Visitacion Valley community, and the city's Library system to furnish and equip the new Visitacion Valley Branch. We are raising private dollars for all those things — computers, tables, chairs, desks, self check-out machines and more — that the library bond funds cannot pay for. We are also raising awareness about the new Visitacion Valley Library and its huge significance for the neighborhood. Our Campaign welcomes people of all ages, interests and backgrounds to get involved. There are many ways to help bring your new library to life, from volunteering at events to asking friends and neighbors to contribute money in any amount. All donors will be recognized and thanked for their support! We would love to hear your ideas, and hope you will consider joining the Visitacion Valley Library Campaign Committee, to make your new library a true neighborhood home. For information about how you can help the Visitacion Valley Library Campaign, please be in touch with Marian Chatfield-Taylor, Friends of the San Francisco Public Library, 415-626-7512 x103 or marian.ctaylor@friendsstpl.org

While new library construction moves forward, we will continue our services at 45 Leland Avenue this summer. We will have a variety of special programs for all ages including magic, singing, clowns, wild animals and lots more. To find out about these free events pick up "At the Library" newsletters, flyers, or visit our website, www.sfpl.org.

We are also going to have a Summer Reading Club for ages 0 up to 13. This year's theme is "Read It and Green It." Starting June 13th, all children can sign up for the **Summer Reading Club** at any branch of the San Francisco Public Library including the Main Library. They can read any book they like in any language at any place. Young children can participate by having someone read to them. Visit your Library to record the time you've spent reading and get one ticket per week for the weekly raffle prize. One grand prize will be chosen by each child who reads for eight hours. Read for an additional 8 hours and get one entry to the Super Raffle!

If you are between the ages of 10 and 16, and looking for volunteer opportunities, check with your local library for the **Kid Power** program. The duties of Kid Power volunteers include assisting library patrons with the summer reading club and special Library programs. Kid Power work hours can he scheduled any time during lihrary open hours from June 13th through August 8th. This will be an opportunity for the children to learn more ahout the library while gaining valuahle work experience.

Cool It! Green Teen Summer Reading Contest, June 12 to July 24, 2009: Summer is just around the corner and participation in the San Francisco Public Library's Teen Summer Reading program a free and fun way to kick off the season! Teens can sign up at any library in San Francisco and based on how many hours they read, they can earn eco-friendly prizes, like 100 percent recycled notehooks and bamboo flash drives. At the end of the summer, there will be a city-wide Teen Summer Reading Party for teens who read 30 or more hours and a grand prize raffle. This year's grand prizes include a MacBook, iTouch, bike, free yoga classes, gift certificates, and more!

This year we are excited to add a new service learning aspect to our Summer Reading Program. Teens will also have the option performing up volunteer hours with prearranged environmental organizations in lieu of reading. Teens may count up to 15 of those volunteer hours towards their summer reading goal. For more information, visit the library or our website: www.sfpl.org

Summer Programs at the Visitacion Valley Branch for teens and adults:

***Henna for Teens**, Thursday, June 18, 3:30 to 5:30 p.m. Want a free, safe, temporary tattoo? Choose your own design and learn how to apply it with natural henna. Local artist, Darcy of the Henna Lounge, will show you how and she'll apply a design on participants time permitting. Program limited to 20 teens. For ages 12-18. For participants under 18, a signed parent/guardian permission form must be returned prior to workshop. To reserve your space and/or request a form, email aharwood@sfpl.org.

***3D Origami Workshop**, Wednesday, July 15 and July 22, 4:30 to 5:30 p.m. Learn how to make 3D origami figures out of recycled paper in this two part program. Attendance in both workshops is mandatory for participation. For ages 10 and up to adults. For information or to register, contact Abby at (415) 355-5660 or aharwood@sfpl.org.

***Rug Weaving Workshop**, Wednesday, August 5, Time to be announced. Learn how to make your own beautiful handmade, woven rugs from recycled materials. A local artist will lead this three hour workshop. Space is limited and registration is required. For ages 10 and up to adults. For information or to register, contact: Abby at (415)355-5660 or aharwood@sfpl.org.

*Visitacion Valley Public Library will also be holding an **Adult Summer Reading Program** starting June 13th. No registration is needed and no library card is required. The rules are that you read any book and go to the Visitacion Valley Library to pick up a review slip. Write something about the book you have read and put the slip into the drawing box. You will get a chance to win prizes or gift certificates at various local stores. The more you read and enter your reviews, the higher your chance to win!

For more information, please contact library staff - 415-355-2848. Join us at the library for an exciting summer.

Visitacion Valley Business Directory

Valley free listings in the 415 area code
Call the Grapevine at (415) 467-9300

AQUARIUM
DRAGON CITY AQUARIUM, 144 Leland Ave., 333-4588
AUTOMOTIVE
BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE, 2596 Bayshore Blvd., 239-5239
BROTHER'S AUTO BODY, 2520 Bayshore Blvd
CHARLIE'S GARAGE, 2550 Bayshore Blvd., 239-7450
TW AUTOMOTIVE, 2500 Bayshore Blvd., 585-8281
BANK
BANK OF AMERICA, 6 Leland Ave., 622-4501
BAKERS
LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253
BARBERS
BARBERSHOP, 3570 San Bruno Ave., 724-4398
EMMA'S HAIR SALON, 35 Leland Ave., 587-7429
THE SHOP (JB), 160A Leland Ave., 239-6709
BEAUTICIANS
BODY, SOUL & SPIRIT, 222 Leland Ave., 333-7261
CONNIE'S HAIR, 2436 Bayshore Blvd., 586-8288
FACE, BODY & SOUL, 3582 San Bruno Ave., 467-3223
HONG KONG HAIR & NAIL BEAUTY SALON, 199 Leland Ave., 333-1005
NAILS BY JENNY, 50 Leland Ave., 333-6800
SHERRY BEAUTY SALON, 60 Leland Ave., 337-9381
BLIND CLEANING
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506
BOARDING HOUSE
ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693
BOOKKEEPERS
AMY ARAGON PROFESSIONAL BOOKKEEPER, 467-8927
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333
CARPETS
HANSAN INTERIORS, 41 Leland Ave., 333-6382
CHURCHES
CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-5950
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave.
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457
ST JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055
VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503
COFFEE
CANDLESTICK COFFEE, 2156 Bayshore Blvd., 467-2442
HAPPY DONUT, 2610 Bayshore Blvd., 469-5309
JOE LELAND CAFE, 28 Leland Ave.
CREDIT UNION
NORTHEAST COMMUNITY FEDERAL CREDIT UNION, 29 Leland Ave., 434-0738
DAY CARE
CAROUSEL DAY CARE, 261 Hahn St., 469-5353
DENTIST
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500
DEVELOPERS
VISITACION VALLEY COMMUNITY DEVELOPMENT CORPORATION, 1099 Sunnydale Ave., 587-7895
ELECTRICAL
TATE ELECTRIC (Joel Tate), 467-4657
FLOORS
TEDDY B's HARDWOOD FLOORS, 309-6342
FLORISTS
IL FIORE FLOWERS, 2466 San Bruno Ave., 468-0145
GARDEN ORNAMENTS
SILVESTRI GAROEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990
GROCERS
CASA LOPEZ PRODUCE, 58 Leland Ave., 586-4745
E-Z STOP MARKET, 2203 Geneva Ave., 585-9240
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300
LA LOMA PRODUCE #2, 65 Leland Ave., 239-7520
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815
M & M SHORTSTOP, 2145 Geneva Ave., 585-0878
PICCOLO PETE, 2155 Bayshore Blvd., 468-6800
7-11, 2200 Bayshore Blvd., 468-8646
SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851
TEODY'S MARKET, 298 Teddy Ave.
HERBS
SAN ON HERBS, 33-A Leland Ave., 333-7469
HYPNOTHERAPY
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631
INSURANCE
EDIE EPPS (A.H.E. INSURANCE), 467-0236, Fax 467-0276
ROBERT LEHMAN, CLTC (Blue Cross), 333-0850
KITCHEN CABINETS
LEE CHANG INTERNATIONAL, 25 Leland Ave., 333-2730
LANDSCAPING
SAN FRANCISCO LANDSCAPES, 256 Talbert St., 585-9137, sflanscapes.com
LAUNDRY/CLEANERS
BAY WASH, 44 Leland Ave.
CITY WASH, 83 Leland Ave., 333-9467
COIN WASH & DRY LAUNDRY, 186 Leland Ave.
FORTY-NINER CLEANERS, 51 Leland Ave., 239-6418
LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412
VALLEY LAUNDRY, 90 Leland Ave.
VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030
LEARNING
FIRST PLACE 2 START, 1252 Sunnydale Ave., 333-2659
HERITAGE HOMES CHILD AND FAMILY DEVELOPMENT CENTER, 245 Rey St., 586-8700
JOHN KING CHILD AND FAMILY DEVELOPMENT CENTER, 500 Raymond Ave., 333-1375
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907
VISITACION VALLEY COMMUNITY CENTER CHILDRENS PROGRAMS, 103 Tucker Ave., 467-5565
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320
LIBRARY
VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270
MANUFACTURER
SEE'S CANDIES, INC., 345 Schwenn St.
MEDICAL
AMERICAN REO CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620
HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 1099 Sunnydale Ave., Appointments: 715-0310
DR. SAM HO, MD, 2858 San Bruno Ave., 337-6135
NEW CARNIVAL ACUPRESSURE HEALTH CENTER, 2458 Bayshore Blvd., 337-8100
NORTH EAST MEDICAL SERVICES, LELAND AVENUE, 82 Leland Ave., 391-9686 (ask for Leland Avenue clinic)
PORTOLA FOOT & ANKLE CLINIC (Dr. Divyang Patel), 2858 San Bruno Ave., 467-7500
NOTARY
ROYAL PACIFIC MORTGAGE, 46 Leland Ave., 333-4900
ORGANIZATIONS
ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd., 587-2689
WILLIE L. BROWN, JR. TEEN CENTER, 1652 Sunnydale Ave., 584-6099
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700
GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnydale Ave., 333 Schwenn St., 584-4044
JOHN KING SENIOR COMMUNITY, 500 Raymond Ave., 239-6233
LELAND HOUSE, 141 Leland Ave., 405-2000
ROCK (Real Options for City Kids), 590 Leland Ave., 333-4001
SUNNYDALE DEVELOPMENT COO OFFICE, 1652 Sunnydale Ave., 841-1683
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499
PHARMACY
VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811
PHOTOGRAPHER
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620
PLUMBING
MARK VOELKER PLUMBING, 99 Arleta Ave., 467-7401
POST OFFICE
VISITACION USPO, 68 Leland Ave., (800) 275-8777
REAL ESTATE
JUSTYNA P. TO, (Realtor, Coldwell Banker), (415) 830-1235
LaFLUE-WALTON & ASSOCIATES, 2428 Bayshore Blvd., 587-8683
CATHY KLINE SAUNDERS (Zephyr Real Estate), 215 West Portal Ave., 731-5011 ex. 163
RESTAURANTS
BAYSIDE CAFE, 2011 Bayshore Blvd., 467-2023
HAPPY FAMILY FAST FOOD, 107 Leland Ave., 333-8999
G & L BAKERY & RESTAURANT, 198 Leland Ave., 239-6283
LUAN FAT BAKERY, 110 Leland Ave., 585-1167
NAYANT TAQUERIA, 98 Leland Ave., 587-7721
TWO JACK'S, 167 Leland Ave., 337-0433
SCULPTOR
CARTORIGINALS (Mikal Carlor), 2 Hahn St., 239-4138
SELF-DEVELOPMENT
DYNAMIC DEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancements Specialist), 467-7608
SERVICE PROVIDERS
THE VILLAGE, 1099 Sunnydale Ave., 239-5045
VISITACION VALLEY BAPTIST CHURCH OUTREACH CENTER, 57 Leland Ave.
VISITACION VALLEY BILINGUAL EDUCATION SUPPORTIVE SERVICES & TRAINING, 120 Leland Ave.
VISITACION VALLEY COMMUNITY CENTER (VVCC), 50 Raymond Ave., 467-6400
VVCC FAMILY & COMMUNITY SERVICES CENTER, 161 Leland Ave., 586-6998, Fax 586-8027
VISITACION VALLEY BUSINESS OPPORTUNITIES AND OUTREACH TO MERCHANTS (VVBOOM), 91 Leland Ave., 585-2338
TELEPHONE
D & A WIRELESS, 78 Leland Ave., 452-4139
VARIETY
GOLDEN 99 CENTS ZONE, 5-7 Leland Ave., 333-3923

Hard Times Embolden Identity Thieves

by Jason Alderman

Unfortunately, as people become increasingly desperate during tough economic times, crime rates rise. What's worse – those being targeted are often in dire financial straits themselves.

One of the most financially devastating ways people are victimized is identity theft, where someone steals your personal information and uses it to open accounts, take out loans, make purchases or rent an apartment, among other offenses.

It might take months to discover you've been hit and by then you could be out thousands of dollars and have severely damaged credit – not to mention having to spend hundreds of hours sorting it all out.

Here are a few precautions you can take to protect your personal identity:

Think "low-tech." Surprisingly, although high-tech crimes like computer hacking get more publicity, old-fashioned thievery accounts for the vast majority of identity thefts. Watch out for:

*Pickpockets targeting your wallet, purse, checkbook and credit or debit cards.

*Intercepted mail containing checks or personal information to and from banks, government agencies, retailers, medical providers or insurers. Some thieves even fill out change-of-address cards to redirect your mail, so pay attention when expected bills or correspondence don't arrive.

*People rifling through your trash. Always shred sensitive paperwork – and never leave purchase receipts behind at the store.

*Strangers (and even personal acquaintances) who have access to your home or workplace – always lock up sensitive information.

*People who "shoulder surf" while you enter passwords at ATMs or retail card machines. Always shield the keypad.

Sound the alert. Keep handy phone numbers you can call to quickly report lost debit or credit cards or checks; also program them into your cell phone in case you're away from home. In addition, if you are a victim of identity theft contact the three major credit bureaus and ask them to place fraud alerts on your files: They are Equifax (www.equifax.com, 888-766-0008), Experian (www.experian.com, 888-397-3742) and TransUnion (www.transunion.com, 800-680-7289).

To monitor your credit and spot errors or fraudulent activity, order one free credit report per year from each of the three bureaus at www.annualcreditreport.com. Each bureau tracks slightly different information, so it's a good idea to stagger ordering reports from each throughout the year.

Say no to "phishing." Be suspicious of realistic-looking emails – supposedly from trusted sources – that ask you to supply or confirm account information, log-in IDs or passwords. Legitimate businesses and government agencies will never ask you to verify sensitive information by email. When in doubt, contact the organization yourself: Never click on the link provided within the email – it could take you to a copycat website capable of infecting your computer.

The same advice applies to phone callers purporting to represent companies with which you do business: Before verifying or supplying any private information, call the main information number yourself (it's usually toll-free) and verify that the call was legitimate. The Security and Exchange Commission's Web site, www.sec.gov/investor/pubs/phishing.htm, discusses how to spot and avoid phishers.

These are only a few of the precautions you should routinely take to protect your personal information.

For more tips, visit Practical Money Skills for Life, a free personal financial management site sponsored by Visa Inc. (www.practicalmoneyskills.com/security).

Visitacion Valley Family and Community Services Center

For a Better, Healthier, Safer Community for All

We Can Help You!

Complete Immigraiton documents, assist with SF County paperwork (Medi-Cal, Welfare, etc.) , education workshops, referrals to other services

VVCC Childcare Sites Parents Meeting
Wednesday, June 24
4:30 - 6 p.m.
at 500 Raymond Ave.

Parent Education Workshop
6 to 7:30 p.m.
at 103 Tucker Ave.

Family Literacy Introducing Media Series
Wednesday, June 17
Poof! It's Magic Time!
An Amazing Magic Show for All Ages
by Dono the Clown!
4:30 - 6:30 p.m.
at VVCC Library
45 Leland Ave.

JUNE 2009 Activities
held at 161 Leland Avenue except where noted

Enhanced Information and Referral
Every Monday Through Friday
June 1 to 30, 9:30 a.m. - 5:30 p.m.

Parents Support Group
Thursday, June 18, 4:30 to 6 p.m.
"Self Esteem, Self Cofidence, Self-Talk"

Male Involvement Group
Saturday, June 13, 1 to 3 p.m.

Every Wednesday
June 3, 10, 17 and 24
6 - 8 p.m.

Men's Classes
Facilitated by
Before The After
FREE Refreshments

Free Food Distribution
Every Monday,
3 - 4 p.m.
June 1, 8, 15, 22 and 29
Emergency food box available anytime.
Call (415) 586-6998,
Monday-Friday,
9 a.m.-5 p.m.

Family and Community Services Center staff:
Meriam Abalos, Marichelle Punzalan, Jenny Sosa
Kevin Blackwell, Jack Kwong and Molly Hassler

161 Leland Avenue, San Francisco, CA 94134
Tel: (415) 586-6998 Fax: (415) 586-8027 e-mail: meriam_vvcc@sbcglobal.net

I have been studying Visitacion Valley for a long Time.

Cathy Kline Saunders

For All Your Real Estate Needs, Call

Cathy Kline Saunders

415.731.5011 x 163

ZEPHYR REAL ESTATE